



Ottawa metro

JENNIFER LAWRENCE

Why do these dudes
make more than me?

metroLIFE



Your essential daily news | WEDNESDAY, OCTOBER 14, 2015

High 10°C/Low 2°C Cloudy



Judge to rule on protest drumming

LABOUR

Taxi drivers had challenged an injunction that cut their volume



Joe Lofaro
Metro | Ottawa

A superior court judge will release his decision Wednesday on whether or not locked-out airport taxi drivers will be allowed to bang on drums at the arrivals terminal at the Ottawa airport.

The union representing the drivers, who have been on strike since Aug. 11, went to court to challenge an injunction that limited the scope of the protest and the use of noise-makers at the picket line.

Sean McGee, representing Unifor, argued in court Tuesday that drivers

were "exercising their constitutional right to make an annoying noise" by banging the drums and should be allowed to do so if they're relegated to the airport terminal doors.

Harry Ghadban, Unifor national representative, testified the drumming was an effective way for drivers to get their message across.

But the airport authority's lawyer said the noise is more than just an annoyance; it's compromising safety by interfering with airport security communications. "Rapid communications are critical for the airport," the lawyer said.

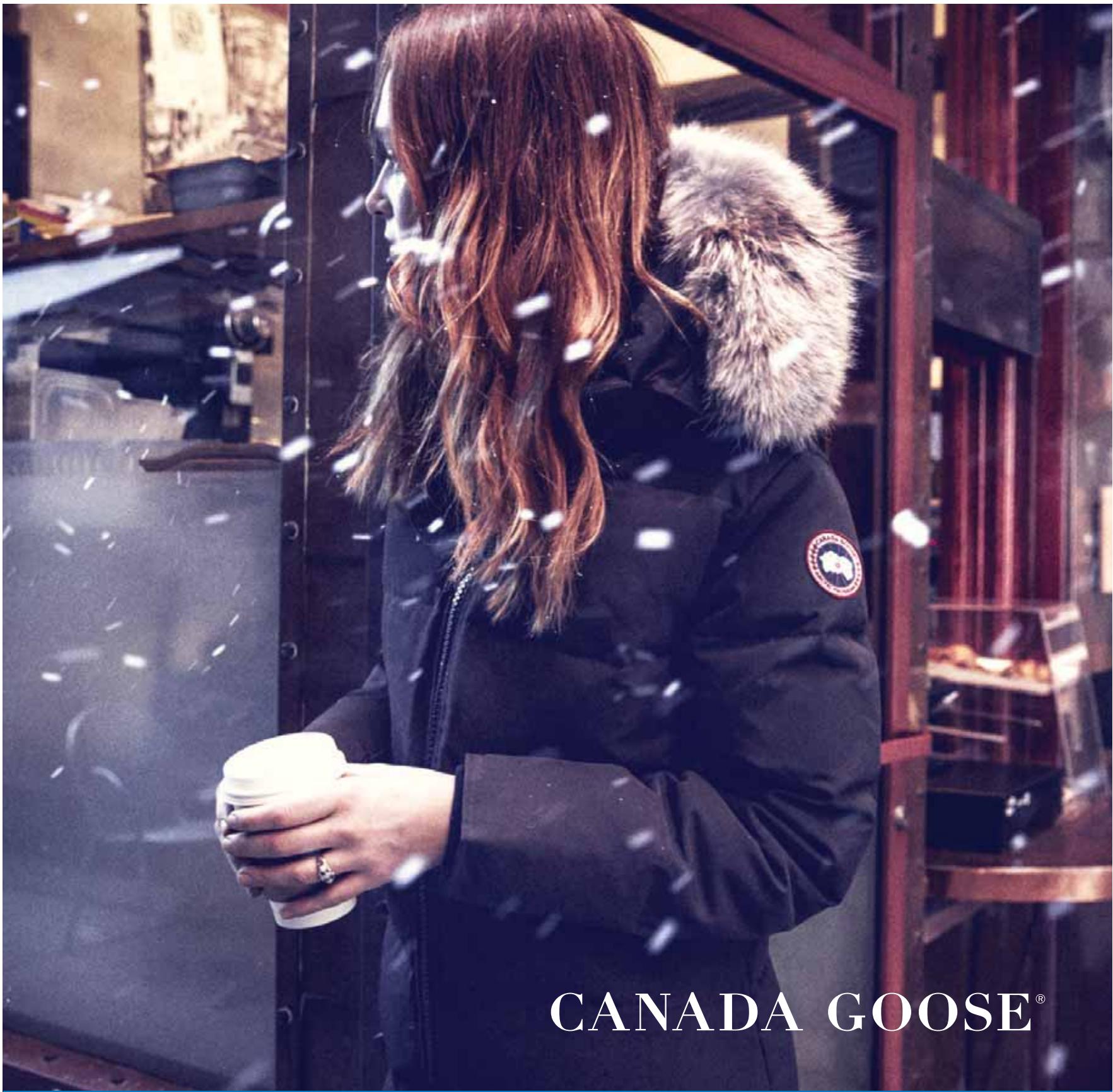
Sound recordings from the picket line also exceeded levels in the Canada Occupational Health and Safety Regulations, the airport said.

The labour dispute, which entered its ninth week Tuesday, started when Coventry Connections and the airport authority raised the fee drivers have to pay to pick up passengers from about \$1.50 to about \$5.

THE BOLD NEW
CAMRY

toyota.ca





CANADA GOOSE®

Canada Goose Women's Mystique Parka, \$845, Available at Sporting Life at The Shops At Lansdowne.
Shop the widest selection in Ottawa in the most fashionable colours.

SPORTING life
SHOP ONLINE: WWW.SPORTINGLIFE.CA

 The Shops
LANSDOWNE

A PROUD CANADIAN COMPANY SINCE 1979.

125 Marché Way Ottawa, K1S 5J3 Tel: (613) 216-6000



NDP prospects fading: Polls

 ELECTION 2015

But Paul Dewar still confident party can avoid Orange Crash

 **Michael Woods**
Metro | Ottawa

On a clear mid-June evening, Tom Mulcair took the stage at the Shaw Centre in Ottawa at a rally kicking off his pre-election summer tour.

Mulcair was surging in the polls, having seemingly established the NDP's status as the government-in-waiting. In a speech to more than a thousand supporters, he made it clear the national capital region was in his sights.

"The Ottawa region will be very important for us this fall," he told the crowd. "In 2011, we almost doubled our voting results in the capital region. In 2015, we can do even better."

Fast forward three months and the electoral picture looks a little different. The New Democrats have slipped to third place in the polls behind the Liberals and Conservatives; two polls released Tuesday put them at 24 and 21 per cent support, respectively.

Locally, a Mainstreet poll released last week, conducted for Postmedia, showed that the race in Pontiac — the Quebec riding the NDP's Mathieu Ravignat won in 2011 by nearly 8,000 votes — is too close to call between the incumbent and



Ottawa Centre NDP candidate Paul Dewar, pictured at his campaign office on Tuesday, said he's optimistic about his party's chances this election despite flagging poll numbers. MICHAEL WOODS/METRO

Liberal candidate Will Amos.

The same poll showed the party's only incumbent on the Ottawa side of the river, Ottawa Centre candidate Paul Dewar, sitting at 42 per cent support — still well ahead of Liberal candidate Catherine McKenna's 30 per cent, but a dip from his 52 per cent of the vote in 2011.

But Dewar, the NDP's point

man in Eastern Ontario who has been working to increase the party's presence in the region, said on Tuesday he remains optimistic.

"We're very optimistic about what the chances are for us to do very well," he said. "Things are fluid. I know that a lot of people want to say exactly what is the outcome going to be ... but we've got the last week,

we're pushing hard, and I'm looking forward to joining my colleagues in an NDP government."

Dewar also suggested the 2011 results, which left the New Democrats with about three times as many seats as the Liberals, puts the NDP in a better position to win government than the Liberals.

Polling in some local ridings,

such as Nepean, Kanata-Carleton, Ottawa West-Nepean and Orleans, shows the Liberals and Conservatives ahead of the NDP despite some strong New Democrat candidates.

But in others, prospects are rosier.

In Ottawa-Vanier, the New Democrats feel Emilie Taman, a former federal prosecutor who lost her job because she

 VOTING TREND

Liberals leading in Kanata-Carleton and Nepean, new poll shows

Liberal candidates are leading in two key Ottawa ridings once thought to be safe Tory territory, according to a new poll released Tuesday.

The poll by Environics Research shows Liberal candidate Karen McCrimmon leading Conservative candidate Walter Pamic by 11 points, 50 to 39, in Kanata-Carleton.

In Nepean, it shows Liberal candidate Chandra Arya leading Conservative candidate Andy Wang by seven points, 47 to 40.

The poll was commissioned by LeadNow and Ecology Ottawa. Polling was conducted using Interactive Voice Response technology between Oct. 9 and 11. The margins of error are 3.4 per cent in Kanata-Carleton and 3.2 per cent in Nepean.

MICHAEL WOODS/METRO

decided to run for office, is well-placed to defeat two-decade Liberal incumbent Mauril Belanger.

Some of her efforts to win over traditional Liberal supporters have paid off. Former Liberal cabinet minister David Kilgour has endorsed Taman, and last week hosted a fundraiser for her campaign that raised \$11,000.

**OPEN DOORS
TO NEW
OPPORTUNITIES**

In the global village that is our world today, learning another language opens doors to new opportunities.

Together with our certified, dedicated instructors, innovative courses and up-to-date facilities, we can help you achieve your language learning goals, putting you on the path to success.

Police rally to find stem cell match for retired officer

LYMPHOMA

Program may help identify match to treat rare cancer


Joe Lofaro
 Metro | Ottawa

Instead of enjoying retirement after a lengthy career in the Ottawa Police Service, a former sergeant is fighting for his life after a second bout of cancer.

After 32 years on the force, Sgt. Wayne Niemi, who worked on missing persons cases and in the robbery unit, was diagnosed with lymphoma on Oct. 7, 2014.

Following cancer treatment that included four months of chemotherapy, doctors found a second cancerous growth and diagnosed the 60-year-old retiree with a rare form of cancer called "double hit lymphoma."

Police say as he waits at home for treatment, he needs a life-saving stem cell transplant.

The diagnosis has left his former colleagues devastated, especially Ottawa police Const. Tracey Turpin.

She was unavailable for an interview on this story, but released a statement to Metro on the struggle to help her friend.

"I have found the difficulty in coping with a friend's illness is a sense of helplessness. So often officers will have a collection and give money thinking that it will make life easier for our friend or family member. And it's not

hard for us to do," she said.

"But oftentimes money doesn't really help, especially in a case like this."

The force is now turning to the Canadian Blood Services in the hopes of finding a match.

Turpin has organized a One-Match mouth swab clinic on Oct. 20. at the Elgin Street police headquarters.

OneMatch is a program run by Canadian Blood Services that matches potential stem cell donors to unrelated patients. Donors use a buccal swab kit, which they swipe on the inside of their cheek. If tests show they're a match, they'll get a call.

They then undergo a procedure to donate their stem cells from their blood or bone marrow.

The clinic is restricted, however, to men and women between the ages of 17 and 35 and will be open from 11 a.m. to 1 p.m. in the Pay Hayes Boardroom at 161 Elgin St.

Turpin sees this event as a beacon of hope for her former colleague and is urging eligible donors to participate.

"It would be more than hoping things get better and wishing our friend Wayne well. It feels like creating an opportunity for something like that to actually happen. The challenge now is getting people to show up," she said.

"As it happens, Wayne has many friends and they have committed to helping make sure they do."

More information about the OneMatch program is available at onematch.ca.


We're hoping it will be more than a police initiative but a community one as well.

Const. Tracey Turpin



Ret. Sgt. Wayne Niemi was diagnosed with lymphoma on Oct. 7, 2014, before retiring from the Ottawa Police Service this spring. COURTESY OTTAWA POLICE SERVICE

CITY COUNCIL

Colossal agenda set for leaders

Belt-tightening in the face of \$36.3 million in net budget pressures, a whopping 5,300-unit development at CFB Rockcliffe, and doubling the winter parking permit price have Ottawa city councillors wading through one heck of a council agenda on Wednesday.

Given how fat the agenda is, here's a refresher:

- **Budget stuff**

The city of Ottawa is facing an expected \$52-million budget shortfall by year's end, and \$36.3 million in budget pressures going into 2016. Despite the harrowing figures, Ottawa Mayor Jim Watson is sticking to his plan to keep tax hikes at two per cent or less.

- **Smelly stuff**

Discarded needles poke through garbage bags and prick waste collectors one to two times per year, on average, according to Ottawa city staffers. The city is looking at allowing garbage pickup employees to sift through private garbage bags if they suspect anyone has tossed something harmful.

- **Development projects**

Ottawa's largest inner city redevelopment site, CFB Rockcliffe, is primed for a 5,300-unit residential development. The long awaited construction plan is expected to employ 2,600 people.

Six Glebe buildings are set for demolition if city councillors approve two modern riverfront apartments.

- **Transportation**

Those who pay for on-street winter parking could see their monthly fees more than double — from \$59 to \$140.

A new "complete streets" policy — a street that accommodates pedestrians, transit users, cyclists and cars — is also on the table.

LUCY SCHOLEY/METRO

How's the news today?

Join our Online Reader Panel and help make your **Metro News** even better. Join for a chance to win a \$25 gift card.

metronews.ca/panel



Paralegal Training



You can study full-time in the day or part-time in the evening

 **ALGONQUIN CAREERS ACADEMY**

1830 Bank Street • 613-722-7811 • algonquinacademy.com

COMPREHENSIVE PROGRAM TAUGHT BY LAWYERS

WORLD FAMOUS SPIRITUALIST & PSYCHIC
Master: RAMDEV
100% GUARANTEE
ALL RELIGIONS WELCOMED
KNOW YOUR LIFE & ADJUST YOUR WAY
LOVE, MARRIAGE, HUSBAND-WIFE, FAMILY, BUSINESS, EDUCATION,
JOB, SUCCESS, HEALTH, COURT, DIVORCE, CHILDREN MISTAKE, ETC
REMOVES BLACK MAGIC, JADOO, VODOO, WITCHCRAFT
OBEYA & GIVES 100% FULL LIFELONG PROTECTION
HE CAN HANDLE ANY KIND OF PROBLEMS
613-462-4165
558 THOMSON ST. OTTAWA (MONTREAL & ST. LAURENT BLVD)



MAX KEEPING REMEMBERING A LEGACY Shane Holley, Max Keeping's son, gives the eulogy at his father's celebration of life on Tuesday at the Canadian Tire Centre. Hundreds attended the event, which included video tributes and speeches from family, friends and Mayor Jim Watson. Keeping died on Oct. 1 after a long battle with cancer. BRIER DODGE/METROLAND MEDIA

Toughing it out in Tory territory

CARLETON

Green party scrapper happy to face down Pierre Poilievre

Ilana Reimer
Algonquin College

Deborah Coyne knew this would be a tough campaign. And it was.

Her progress is measured by a few supporters here and there — a few green lawn signs amid a sea of blue. But Coyne is not one to shy away from a stiff fight. After all, she ran against NDP Jack Layton in 2006 in the

Toronto-Danforth riding and competed against Justin Trudeau for leader of the Liberal Party in 2013.

The former Nepean-Carleton riding (now Carleton) has been Conservative since 2004. But Coyne chose it anyway.

"This was an opportunity to go up against Mr. Poilievre, who represents the kind of governance and the kind of politics ... that I dislike," she said, calling the incumbent an automaton who recites party lines.

At all-candidate debates, Pierre Poilievre has largely been at the centre of attack. But he still has a solid support base, and Coyne said it's difficult to know what will shift.

"You can't measure it from the signs and you can't measure it from the heckling," she said. "But for sure, nine years of Conservative government has made people want change."

Her campaign manager, Bryan Crockett, said they've definitely made some progress. "Because this was a new rid-

Partnership

Metro Ottawa and Algonquin College's journalism program have teamed up to provide the most comprehensive campaign coverage in the city.

We've assigned second-year journalism students to cover candidates in every riding in the Ottawa area, from Kanata to Orleans to Osgoode and everything in between.

ing, we started pretty close to from scratch," he said. "I'm pretty happy with the organization we put together."

As the long campaign nears its end, Coyne said she can sense that everyone is burning out. But she keeps on going. On Friday, she was up at 6 a.m. to scatter signs across the massive riding.

"It's clear that people are still thinking," Coyne said.

It's clear that people are still thinking.
Deborah Coyne

How's the news today?

Join our Online Reader Panel and help make your **Metro News** even better. Join for a chance to win a \$25 gift card.

metronews.ca/panel

metronews



Records need updating: OPH

IMMUNIZATIONS

No kid left behind in blitz to get everyone vaccinated

Haley Ritchie
Metro | Ottawa

For parents who haven't submitted their children's immunization records to Ottawa Public Health be warned: The days are counting down to suspension.

Public Health spent the summer doing a "blitz" of phone calls to parents, asking them to update their children's records.

While Public Health said they received a followup call from many parents, a third of student records are still unaccounted for. Now the organization is moving to Phase 2: sending out letters in the mail.

"We're starting what we call

surveillance, which is a formal process where parents are notified by mail," said Marie-Claude Turcotte, manager of Vaccine-Preventable Diseases.

"The immunization records are not up-to-date for about a third of students who attend school in Ottawa," she said. "That doesn't mean children are not vaccinated, it just means we don't have that information."

Turcotte said many parents think the information goes directly from a doctor to public health, and don't realize they have to submit it themselves.

Letters will start being sent out by the end of the month, and parents will have about a month from receiving them to submit updated information.

Turcotte said while they try to avoid it, children without updated immunization records could be suspended from school.

"We want to make sure we have the most up-to-date information because, let's say we have a case of measles in our schools, this is our go-to database," said Turcotte. "It can show us what children are at risk, and we can exclude them so they can be protected."

Under the Immunization of School Pupils Act, students across Ontario are required to be vaccinated against nine different diseases. Those vaccines include shots against mumps, measles, rubella, diphtheria, tetanus, polio, whooping cough, chicken pox and meningococcal disease.

We're starting what we call surveillance, which is a formal process where parents are notified by mail.

Marie-Claude Turcotte



PENSION PREMIER MAY DROP PROVINCIAL PLAN IDEA
Liberal Leader Justin Trudeau and Premier Kathleen Wynne take part in a joint news conference in Ottawa. Wynne says she would drop the idea of creating a provincial pension plan if Trudeau becomes the next prime minister.

ADRIAN WYLD/ THE CANADIAN PRESS

IN BRIEF

Ontario offers nasal spray flu vaccine for kids

Ontario is introducing a new nasal spray flu vaccine this year as an alternative to an injection in the arm.

The nasal spray, which will be available starting Oct. 26 for children aged two to 17, will offer protection against four flu viruses instead of three. The added protection is against a B-strain of the flu that affects children and youth more frequently than adults. THE CANADIAN PRESS

Province allows self-driving cars on provincial roads

Ontario will allow testing of self-driving cars on provincial roads starting next year, but only with a human operator who can take over in case of problems. The government says the pilot project will allow companies to conduct research and development in Ontario, and help bring automated vehicles to market. The self-driving vehicles are capable of detecting the surrounding environment using artificial intelligence, sensors and global positioning systems. THE CANADIAN PRESS

NATIONWIDE LIQUIDATION OUTLET

GRAND OPENING SALE NOW ON

50% TO 80% NEW INVENTORY ARRIVING WEEKLY

Thousands of Shirts, Golf Shirts, T-shirts, Jackets & Sport Pants Reg: up to \$50

WOW! **\$3.99 TO \$5.99**

Brand Name Cotton Pants Reg: \$75

Now \$9.99

DRY-FIT Sport Shirts Reg: \$50

Now \$9.99

Clothing

\$10 TO \$20

Brand Name Winter Coats

50%-70% OFF!

Large Selection Winter Coats 30 C insulation Reg: \$199.99

FOR MEN & WOMEN!

Now \$59.99

NATIONWIDE LIQUIDATION OUTLET

1901 Cyrville Road, Ottawa

Store hours: Mon-Fri, 10am-8pm; Sat, 10am-6pm; Sun 10am-5pm

NOW HIRING!

ACROSS FROM COSTCO

TECHNOLOGY

Thirstie app launches alcohol delivery in Ontario

A new smartphone app hopes to convince more Canadians to have their wine, beer and spirits delivered to their home.

As more people become accustomed to hailing cabs and ordering pizza with their smartphones, New York-based technology company Thirstie says it has found a corner of the home delivery business that is mostly untapped.

Thirstie is testing its alcohol-on-demand app in both Toronto and Ottawa, starting Tuesday.

The app will be available on phones using the Android operating system first, while a version for Apple's iPhone will be rolled out later this week.

The way Thirstie works is similar to most other delivery apps: users scroll through a selection of products, place the order on their phone and await delivery.

Thirstie will rely on partners — mainly the alcohol

delivery companies that have been working in the community for years — to bring the bottles to your door.

The company charges a delivery fee of around \$10 and its hours of operation vary by city.

Thirstie CEO Devaraj Southworth said the app is filling a technological void where most alcohol delivery services have fallen short.

"Do one or two of them have an app? Yes. Is it necessarily where it should be or what we've developed? Not even close," he said in an interview.

In addition to selling alcohol, Thirstie offers a variety of cocktail recipes designed to inspire new drinks and encourage shoppers to head to the virtual checkout with bigger orders.

"It's inspiration, but it's also education," Southworth said.

It's inspiration, but it's also education. It's giving relevant and timely tips on how to entertain at home.

Devaraj Southworth

"It's giving relevant and timely tips on how to entertain at home."

In Canada, most alcohol delivery companies don't support web orders and still require customers to make a phone call.

Alternatives have been limited across most of the country, especially when it comes to last-minute shopping.

One of the few exceptions is Quebec's provincial liquor retailer, SAQ, which offers home deliveries through Canada Post, though shipping will take days.

Ontario's LCBO hasn't rolled out a website for home deliveries, but spokeswoman Christine Bujold said plans for a delivery option will be revealed "in the coming months" as part of a stronger focus on e-commerce.

In Toronto, food delivery service Grocery Gateway, which is owned by supermarket chain Longo's, has a limited selection of wine and spirits on its website.

Thirstie says it plans a more widespread rollout across 27 Ontario cities before the end of January.

THE CANADIAN PRESS



Rowan Stringer, pictured holding the ball, during a rugby game in 2012. The teen died after suffering multiple concussions on the field. CONTRIBUTED

Field may be renamed for teen

CONCUSSIONS

Death of rugby player spurred bill to be tabled this fall



Lucy Scholey
Metro | Ottawa

Rowan Stringer died playing rugby — the sport she loved.

Now the Nepean rugby field where the 17-year-old trained may soon bear her name. The idea will be brought before the city council meeting Wednesday.

Barrhaven Coun. Jan Harder will table a motion asking that the field at Ken Ross Park, at 600 Longfields Drive, be renamed Rowan Stringer Rugby Field.

"She played really hard, but she had fun," said Barb Gillie, president of the Barrhaven Scottish Rugby Football Club and Stringer's former coach.

"Being the humble person that she was, I think she would find it quite an honour that we would name the field after her."

Stringer, a student at John McCrae Secondary School, died in May 2013 after sustaining several concussions while playing with her school team. She played with the Barrhaven club in the summertime.

A coroner's inquest into Stringer's death resulted in 49 recommendations for concussion awareness and education, such as an annual 'Brain Day,' and new tools for coaches to identify and treat concussions. Among them was 'Rowan's Law,' which would set up an expert advisory committee to oversee the implementation of the Ontario-specific recommendations. Nepean-Carleton MPP Lisa MacLeod is due to introduce the bill this fall.

Stringer, captain of her high school team, was also a community volunteer who enjoyed many sports.

WITH FILES FROM TORSTAR NEWS SERVICE

CRIME

Man charged after rash of robberies

Ottawa police have charged a man in connection with a string of convenience store robberies.

Police say that on Oct. 9 two men entered a convenience store along the 4000 block of Bridal Path Drive in Ottawa's south end.

The men wore disguises and brandished knives. Police say the two men fled in a stolen vehicle, which an of-

ficer found a short time later. Police say the driver was arrested but the passenger remains at large.

Nathan Gagnon, 31, of Ottawa is charged with six counts of robbery, six counts of wearing a disguise, six counts of possession of a weapon dangerous to the public, assault, possession of property obtained by crime over \$5,000 and being unlawfully at large.

METRO

EDUCATION

Pinecrest looking for playground cash



Primary school children looking sullen while playing in wet sand. It's not the opening chapter of a Dickens novel — it's the fundraising pitch for a new Pinecrest Public School playground.

The school's 200 primary school students spend their recess playing in an empty sand pit.

Two years ago students wrote to the principal, asking for an updated playground. When they returned to school in September, the condemned playground was removed, but not replaced.

Pinecrest vice-president Bob Richardson admits they told the kids to look extra bored in the video, but it's not far from reality. Unfortunately, the school doesn't have the \$90,000 to put in a new structure.

"Usually when you put in a

new play structure, you start saving that day for the next one, because of the cost," said Richardson. "At our school, given the community around us, (a) fundraiser doesn't work as well for us."

So far, Pinecrest has raised \$15,000 towards their goal, but the school is not located in a wealthy neighbourhood and has trouble with fundraising.

While Richardson said the school board and the City of Ot-

tawa are expected to pitch in, the school is looking at other possible solutions.

They recently won a grant from Intel, and are trying their luck with the Aviva Community Fund, where users can vote once per day for a community project. The submission with the most votes wins major grant money.

"We're not anywhere near the top five, but we're learning as we go. We're definitely looking at all other sources," said Richardson.



OCTOBER 17 & 18

11am - 5pm

EY CENTRE

FREE parking both days 2pm-5pm

Get helpful advice, inspiring ideas, and meet the experts that can make your dreams a reality!

POP-UP BRIDAL BOUTIQUE

Shop for your dream dress at the show from one of our amazing pop-up boutiques featuring:



THE HANDMADE BRIDE



Beauty, Fashion, Cakes, Catering, Decor, Travel, Floral, Registries, Invitations, Jewellery, Transportation, Entertainment, Photo, Video, Venues, Wedding Planners and so much more...



Admission Pricing

At the door: Single: \$15 • Couple: \$25 • Bridal Party (admits 4): \$42
Purchase your tickets online and SAVE!

ottawaweddingshow.com



READY TO ENGAGE

Metro's daily primer on what the parties are saying about the issues that matter to urban Canadians



Protesters march during a rally held in Vancouver in June last year to show opposition to the Enbridge Northern Gateway pipeline. Use of social media, the spread of "citizen journalism," and the involvement of young people are among the key trends highlighted by a federal analysis of protest activity in Canada over the last half-decade. THE CANADIAN PRESS FILE

Talking 'climate change lite'



**ROSEMARY
WESTWOOD**
Metro

So much for climate change in this election.

No, I get it. We've got a lot going on. There's the stumbling economy, a global refugee crisis, child-care worries, housing problems, growing income inequality and, of course, the niqab.

So what, I guess, that Canadians still rank climate change high on their list of voting priorities?

This could have been the big one. The election where fear over climate change and federal policy finally got into bed together. The election where leaders offered bold visions of the future. A pivot from the oilands, towards something new.

It's only partly our fault. Our elected leaders are also to blame.

But let's start with you, earnest voter who is worried about the health of our environment.

You are all but certainly not voting Conservative.

on climate change and the environment.

Perhaps you're one of the 3.9 per cent of Canadians who did vote Green in 2011. More likely, your vote is destined for the NDP or the Liberals. Of the two, the NDP has the more aggressive emissions-reduction target (actually, the Liberals

have no target whatsoever), but really, let's be honest: Whether you vote NDP or Liberal, you'll assume it's a vote for the environment because

both are so dramatically better than the Conservatives on this. It's the equivalent of asking someone out to a fancy dinner, ending up at a burrito joint, and saying at least it's not McDonald's.

But like I said. It's only partly your fault. How can you take someone out for a \$50 steak when no one (viable) is selling it?

"It's not like they're making it central to their campaigns," says Matthew Paterson

Politics professor at the University of Ottawa and a fellow at

2015 ELECTION COUNTDOWN

Rosie Westwood reflects on the key issues.

- TUES. Women
- WED. Environment
- THURS. Canadian values
- FRI. Youth engagement

the Broadbent Institute.

A supreme understatement. "I've been completely appalled by the level of discourse in this campaign," says David Boyd, an environmental lawyer, professor and author of the new book *The Optimistic Environmentalist*. "The world is changing. The dramatic upsurge in renewable energy generation, the huge economic potential of clean tech, these are revolutionary economic shifts that are underway."

Our "myopic focus" on fossil fuels, pipelines and coal, is bad economic policy, too, he says.

Louise Comeau, executive director of Climate Action Network Canada, the coalition of Canada's leading environmental groups, calls the election "worse than a missed opportunity — almost irresponsible." Continuing to present the economy and environmental protection as at odds is "putting the country at risk of really damaging our economy," she says.

The UN would agree. It backed a report released last month that warned our resource-based economy is in danger as the other nations

strive to reduce their energy consumption.

To absorb the media in the last few years, in particular last year's UN's Intergovernmental Panel on Climate Change report, is to assume climate-change Armageddon is one domino away.

And yet, in the midst of this global frenzy over the fate of the earth, the Canadian federal election campaign comes along, and the main message is about the little picture. Income splitting, taxes on the rich, balanced or unbalanced budgets, niqab, niqab, niqab. Only the Greens are explicitly against pipelines. All other parties are talking climate change lite.

And perhaps we're only one round of electoral reform away from a campaign where you wouldn't have to be so afraid to vote Green, for fear you'd let the very opposite hold on to power.

But the Greens have been offering heavy environmentalism for years now, and only a fraction of us have been biting. Any politico will tell you, it's the economy, stupid.

So, dear voter, it's us — and it's them.

And I'm fairly sick, by now, of hearing that Canadians care about climate change. I'd rather see this country vote like it.

Maybe next time?

QUICK GUIDE ENVIRONMENT

Here's a breakdown of climate-related promises and legislative measures from the **NDP**, **Liberals**, **Conservatives** and **Greens**.

ON CARBON EMISSIONS

NDP:

- Pledged to reduce emission by 34% below 1990 levels by 2025, and 80% by 2050.
- Would create cap-and-trade to set carbon market price.
- Would redirect fossil-fuel subsidies to clean-energy.

Liberals:

- Would allow provinces to set prices on carbon.
- Would consult with provinces to set reduction targets.
- Would phase out fossil-fuel-industry subsidies.

Conservatives:

- Promised to reduce emissions by 30% below 2005 levels by 2030
- Pledged to move to a low-carbon economy by 2050 and eliminate fossil fuels by century's end.

Greens:

- Would tax carbon emissions, with proceeds going to individual citizens via a "carbon dividend."

ON PROPOSED PIPELINES

NDP:

- Opposes Enbridge Northern Gateway pipeline.
- Calls for more rigorous reviews of TransCanada Energy East pipeline.
- Opposes TransCanada Keystone XL pipeline.

Liberals:

- Oppose Northern Gateway
- Support Energy East.
- Support Keystone XL.

Conservatives:

- Approved Northern Gateway.
- Support TransCanada Energy East.
- Support TransCanada Keystone XL.

Greens:

- Oppose all pipeline projects but support refining bitumen in Alberta, provided oilands development is limited to current levels.

LATEST POLL

LIB 37% CON 31% NDP 24%

Source: Ipsos Reid/Global

Tories aim for Grits' tax plans

ELECTION 2015

Harper's 'cash on the table' stunt may be for attack ads

Conservative Leader Stephen Harper is literally putting cash on the table in an effort to halt the momentum of Justin Trudeau's Liberals in the closing days of the federal election campaign.

With just five days of campaigning left before Canadians go to the polls next Monday, the Conservatives have twice staged low-tech stunts designed to illustrate how much they say Liberal tax changes will cost voters as Harper attempts to pick apart the Liberal platform.

The prime minister played the role of game show host again Tuesday at a partisan rally in west-end Toronto, calling out Liberal tax increases as a pizza store owner counted bills onto a table to the backdrop of a loudly ringing cash register.

"The tax hikes the Liberals talk about, they are not just numbers in a pamphlet," said Harper, with-



All three major party leaders were in the greater Toronto area on Tuesday, as polls suggest swathes of Ontario are up for grabs. JONATHAN HAYWARD/THE CANADIAN PRESS

out jacket or tie and with his blue shirt sleeves rolled up.

"They are real dollars and I want to show you again today what the payroll tax hikes look like."

Conservative party videographers took tight shots as pizza store owner Dino Ari laid bills on

a table to repeated "ka-chings" from a cash register.

"Hand it over, Dino," Harper coached. "I hope you counted that carefully."

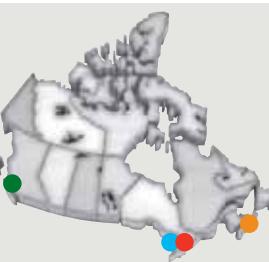
The Conservatives staged a similar display on the Thanksgiving weekend and the stunt appears destined for party ad-

vertising in the final moments of this extraordinary 78-day campaign, the longest in modern Canadian history.

All three major party leaders were in the Greater Toronto Area on Tuesday morning as polls continue to suggest an electorate in flux and swathes of seat-rich



WHERE THE LEADERS ARE WEDNESDAY



• **Stephen Harper** will be in Brantford.

• **Justin Trudeau** will be in Ontario in Hamilton, Welland, St. Catharines and Ajax.

• **Tom Mulcair** will be in Dartmouth, N.S., and L'Assomption.

• **Elizabeth May** will be in Vancouver

Ontario up for grabs.

There's also compelling evidence of a motivated electorate.

An estimated 1.2 million voters cast ballots in advance polls Monday, according to Elections Canada, bringing the four-day holiday weekend total to more than 3.6 million ballots cast. That's an increase of 71 per cent over advance ballots in the 2011 election, when only three days of advance polls were held.

Antipathy to Harper's Conservatives appears to be the only unifying element among the various challengers to the throne.

"I got into politics because I

disagreed deeply with the vision that Stephen Harper has for this country and there is no circumstances in which I could either support him or even stand back and allow him to be prime minister," Trudeau said when asked about a potential minority Conservative government.

The Liberal leader, who ventured into an NDP-held riding in Toronto, appears to be trying to peel off voters from both the NDP and Tories, while hoping to win over strategic voters who might see an incumbent NDP MP as the best vehicle for removing Harper from office. THE CANADIAN PRESS

FREE ENGLISH CLASSES



Ottawa Chinese
Community Service
Centre (OCCSC)

381 Kent Street
Suite 208, Ottawa

For more
information, call:
613-235-4875
ext.126/128

Language Instruction for Newcomers to Canada (LINC)

- Part-time with flexible schedules; evening and Saturday classes available LINC 1-6
- Three attractive locations: Central, Barrhaven and Kanata
- Free childminding (19 months to 6 years) for weekday morning classes
- In LINC classes at OCCSC, you will learn about:
 - Job Market – Employment preparation
 - Post-secondary education
 - Canadian society (culture, communication) and many other topics of importance and interest to newcomers

Funded by: Citizenship and Immigration Canada Citoyenneté et Immigration Canada



What does it mean
to be a Canadian?

Join the Y's Newcomer Information Centre
and LASI settlement agencies for a
Canadian Citizenship Week Celebration!

Wednesday, October 14, 2015 | 1:30PM-4PM

Taggart Family Y, 180 Argyle Avenue
2nd floor, RBC Community Room

Please RSVP at ymcaywca.ca

All are welcome, no fee to attend!

Funded by: Citizenship and Immigration Canada

YMCA-YWCA of the
National Capital Region

No selfies, says Elections Canada

ELECTION 2015

Taking a pic of your ballot could lead to jail time

 **Shane Gibson**
Metro | Winnipeg

Elections Canada wants you to know you are more than welcome to smile while voting, you just can't say cheese.

After at least 3.6 million Canadians hit the polls for early voting over the long weekend — and millions more get ready for the big day Oct. 19 — Elections Canada is reminding voters that taking a selfie while casting your ballot is a big no-no.

In fact, posting a duck-face selfie with a marked ballot could land you in jail.

"Voting is secret ... you are

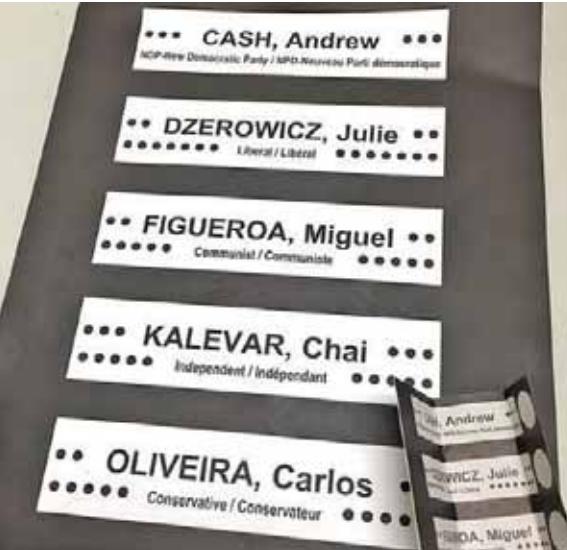


Posting while outside the polling station is great. Posting your ballot — like the person on the right did — is a no-no. INSTAGRAM

not supposed to take selfies," said Elections Canada spokesperson, Marie-France Kenny.

"According to Section 489 of the Act ... it's a summary conviction offence punishable by a maximum fine of \$1,000 or a three-month prison term."

While it's not technically against the rules to take a picture while waiting to vote at the polls, Kenny said it's a big-time offence to openly state who you are voting for while



inside the polling station — which, of course would happen if you snap a selfie with a filled-in ballot or post a photo of your marked ballot.

Kenny suggests voters play it safe and leave phones in pockets until outside the polls.

That's what Kerry Bertoncello-Dale did after voting in Winnipeg over the weekend.

The 24-year-old says he posted a photo of himself next to the yellow Elections Canada sign outside his polling station to remind his friends on social media to vote.

"I did it to raise awareness and to show everybody that I went and voted," said Bertoncello-Dale. "We're in such an electronically charged age and

+ MORE INFO

Other things you cannot do while voting:

- Use a megaphone: Section 165 of the Elections Act bans anyone from using a "loudspeaking device within hearing distance of a polling station on polling day for the purpose of promoting or opposing a political party."

- Wear party colours: Section 166 (b) of the Act bans wearing "any emblem, flag, banner or other thing that indicates the person supports or opposes any candidate or political party." METRO

a lot of people pay attention to Facebook, Twitter and Instagram for news and I think when people see people their age voting they say 'maybe I should look into this and vote.'

Kenny said if Elections Canada finds out about anyone sharing a photo of a marked ballot, they should inform the Commissioner of Canada Elections, who can start an investigation.



It's a summary conviction offence punishable by a maximum fine of \$1,000 or a three-month prison term.

Kerry Bertoncello-Dale

Rebels downed MH17: Report

The missile shot skyward from war-ravaged eastern Ukraine. With deadly accuracy more than six miles up, it detonated just in front of the Malaysia Airlines jetliner, sending hundreds of jagged steel shards ripping through its aluminum skin at up to 9,000 km/h and shearing the cockpit from the rest of the plane.

The two pilots and purser in the cockpit died instantly, and the Boeing 777 disintegrated and fell to earth, killing the rest of the 298 men, women and children aboard Flight 17 on July 17, 2014. Dutch investigators said Tuesday in a long-awaited report.

Some of the victims may have been conscious for 60 to 90 seconds, the Dutch Safety Board said, but they probably were not fully aware of what was happening in the oxygen-starved, freezing chaos. The tornado-like airflow surging through the doomed jet as it came apart was powerful enough to tear off people's clothes and leave naked corpses amid the fields of sunflowers.

The 15-month Dutch investigation blamed a Soviet-made surface-to-air Buk missile for downing the Amsterdam to Kuala Lumpur flight, but it did not explicitly say who had fired



With the reconstructed cockpit displayed behind, Tjibbe Joustra, head of the Dutch Safety Board presents the board's final report into what caused Malaysia Airlines Flight 17 to break up high over Eastern Ukraine last year, killing all 298 people on board. PETER DEJONG/THE ASSOCIATED PRESS

it. It identified an area of 320 square kilometres where it said the launch must have taken place, and all of the land was in the hands of pro-Russian separatists fighting Ukrainian forces

at the time of the disaster, according to daily maps of fighting released by the Ukrainian National Security Council.

The Dutch Safety Board also found that the tragedy wouldn't have happened if the airspace of eastern Ukraine had been totally closed to passenger planes as fighting raged below.

"Our investigation showed that all parties regarded the conflict in eastern part of Ukraine from a military perspective. Nobody gave any thought of a possible threat to civil aviation,"

 **Nobody gave any thought of a possible threat to civil aviation.**

Tjibbe Joustra

Safety Board chairman Tjibbe Joustra said in releasing the report at a military base in the southern Netherlands.

He spoke in front of the partially reassembled red, white and blue Malaysian jetliner, much of the left side of its mangled fuselage front riddled with shrapnel holes.

Russian officials were prompt to dismiss the Dutch report, with Deputy Foreign Minister Sergei Ryabkov calling it an obvious "attempt to make a biased conclusion, in essence to carry out a political order."

Earlier Tuesday, the BUK's manufacturer presented its own report trying to clear the separatists, and Russia itself, of any involvement.

The Russian state-controlled consortium Almaz-Antey said it conducted experiments, including one in which a BUK missile was detonated near the nose of an airplane similar to a 777, and it contended they contradicted the conclusion that a BUK missile of the kind used by the Russians destroyed Flight 17. Almaz-Antey had earlier suggested that it could have been a model of BUK that is no longer in service with the Russian military but is part of Ukraine's arsenal.

THE ASSOCIATED PRESS

U.S. DEMOCRATIC PRIMARY

Scandals hound Clinton into debate

Hillary Rodham Clinton entered Tuesday night's first Democratic debate a weakened front-runner, anxious to move past the controversy over her email practices and persuade voters she's the best-qualified candidate to lead the party to a third straight term in the White House.

Clinton, the former secretary of state, faces her biggest challenge this election cycle

from Bernie Sanders, the rumpled independent senator from Vermont who has energized liberals with his call for a "political revolution."

Joining them on stage in Las Vegas was a trio of low-polling candidates looking for a breakthrough moment: former Maryland Gov. Martin O'Malley, Jim Webb, a former Navy secretary and U.S. senator from Virginia, and Lincoln Chafee, the Republican-turned independent-turned Democrat

from Rhode Island.

While Clinton maintains financial and organizational advantages over her Democratic rivals, months of Republican criticism of her use of personal email and a private Internet server while in the Obama administration have shadowed her campaign and hurt her standing with voters. The Associated Press reported Tuesday that Clinton's server was connected to the Internet in ways that left it somewhat vulnerable to hackers.

Meanwhile Sanders is looking to broaden his appeal to more Democratic voters. The self-described democratic socialist, who is drawing massive crowds and challenging Clinton's fundraising prowess, has called for breaking up big Wall Street banks, expanding Social Security and providing free tuition to public colleges and universities.

THE ASSOCIATED PRESS



I'm a little different from those who say 'free college for everybody. I am not in favour of making college free for Donald Trump's kids.'

Hillary Rodham Clinton



Downsizing signals Twitter's push to slash costs as it tries to make money. THE ASSOCIATED PRESS

Twitter loses a few characters

EMPLOYMENT

Purge marks company's first mass layoffs in 9-year history

Twitter is laying off up to 336 employees, signalling CEO Jack Dorsey's resolve to slash costs while the company struggles to make money.

The cutbacks announced Tuesday could equate to about eight per cent of Twitter's workforce of 4,100 people.

The purge comes two weeks after Twitter brought back one of its co-founders as permanent CEO in hopes that Dorsey would be able to resolve problems that have slowed user growth at the messaging service and compounded an uninterrupted cycle of financial losses.

The layoffs may be a sign of desperation at a sinking company, said Edison Investment Research analyst Richard

Cutting jobs is often the action of a company that does not know what else to do.

Richard Windsor

Windsor.

"It is important to run a tight ship, but simply cutting jobs is often the action of a company that does not know what else to do," Windsor said.

Dorsey told Twitter employees in a Tuesday letter that a more streamlined company will result in more products rolling out more quickly.

"We feel strongly that engineering will move much faster with a smaller and nimbler team," Dorsey wrote.

Twitter's workforce has nearly doubled over the past two years, hindering efforts to turn a profit for the first time in its nine-year history. Since the service was started, Twitter has lost nearly \$2 billion US.

Dorsey has acknowledged that Twitter is too confusing for many people to use, turning off new users at a time when other social services such as Snapchat and Facebook's WhatsApp have grown in popularity.

THE ASSOCIATED PRESS

IN BRIEF

Brewer AB InBev, SABMiller to join forces

After turning down five previous offers, U.K.-based brewer SABMiller has accepted a takeover bid worth \$106 billion US from Anheuser Busch InBev, to create a company that would control nearly a third of the global beer market. THE ASSOCIATED PRESS

market minute



DOLLAR
76.81¢ (-0.49¢)



TSX
13,844.73 (-119.63)



OIL
\$46.66 US (-44¢)



GOLD
\$1,165.40 US (+90¢)

NATURAL GAS: \$2.498 US (-3.7¢)
DOW JONES: 17,081.89 (-49.97)

COMPUTERS

Apple unveils iMacs with Retina displays

Apple is adding Retina displays to its iMacs, which will enhance the text and the image quality of photos and videos.

The California-based company said its 21.5-inch iMac will have a Retina 4K display, while every 27-inch iMac will have a Retina 5K display. The 21-inch iMac, which starts at \$1,099, and 27-inch iMac, which starts at \$1,799, are available in three models and

come standard with a new Magic Keyboard and Magic Mouse 2.

The technology giant redesigned Magic devices including the Magic keyboard, Magic Mouse 2 and Magic Trackpad 2. Those products have rechargeable batteries. The new trackpad marks the first time Apple has made its Force Touch Trackpad feature available for a desktop. Force Touch allows users access to

several shortcuts by touching the trackpad in different ways.

Apple said the iMacs will also have new storage options and more powerful processors and graphics.

Apple first introduced the iMac in 1998. In recent years Apple has focused on faster growing products such as the iPhone, iPads and laptops as sales of traditional desktop PCs slumped.

THE ASSOCIATED PRESS



Apple's 27-inch iMac comes with Retina 5K display.

APPLE INC/THE ASSOCIATED PRESS

20% Off Diamond Trunk Show

Hundreds of Designs
From \$1795

3 Days Only!

Gabriel & Co.
NEW YORK

Oct. 15, 16, 17



Was \$3482
Now \$2784



Was \$4186
Now \$3348



Was \$2829
Now \$2263

True Bijoux
ARTISTIC JEWELLERS

truebijoux.ca

206 Sparks St

metr. www. VIEWS



Born this way: A large California study of identical twins has found genetic modifiers that accurately predict sexual orientation — spurring worries over misguided "cures" and "tests" for gayness.

URBAN ETIQUETTE **ELLEN VANSTONE**



THE QUESTION

I am hosting a birthday dinner this weekend and invited a bunch of different people, including some with extreme views. How can I stop them from arguing about the election and spoiling supper?

Dear Ellen,

I am hosting a birthday dinner this weekend for a friend who has invited a bunch of different people, including some with extreme political views. How do I stop them from arguing about the election and spoiling the whole dinner party?

Sine, Winnipeg

Dear Sine,

Isn't it funny how people we disagree with have extreme political views, while we invariably see our own political prejudices as firmly held beliefs?

See? I don't even know whether you and I will vote the same way on Monday and I'm already provoking an argument. Perhaps it's due to years of consorting with loudmouthed journalists, but I rather enjoy lively debate anywhere, including at the dinner table.

Admittedly, my journalist friends tend to see political arguments more as a blood sport than the expression of firmly held beliefs. But this lack of any heartfelt conviction on their part is what makes them so entertaining. They delight in bashing each other with well-researched facts and clever quips without getting emotionally invested,



© Ani Castillo

providing pure entertainment for the rest of us.

If you're lucky enough to have friends like these, I suggest you sit back and enjoy the spectacle, stepping in only occasionally, like the Speaker of the House, to restore order when things get too raucous.

If, however, your friends are normal human beings who tend to get emotionally invested in things like the outcome of the election and the future of our nation, you are absolutely right to fear that your dinner party will be spoiled. Outside of couples counselling, where histrionic behaviour is a privilege that's paid for, violently emotional arguments are indecorous to say the least.

There is nothing more boring than passionate blowhards yelling at each other, everyone refusing to change their minds or listen to other points of view, while expecting their own points of view to be heard and other minds to change.

Or, wait, maybe there is something more boring: like when a bunch of passionate blowhards all agree with each other and spend the entire dinner trashing the same tired political targets.

Seriously, if you wanted to spend the evening with like-minded individuals indulging in a self-righteous orgy of shared beliefs, you'd skip the trouble of a dinner party and go straight to your Close Friends on Facebook.

My advice is to avoid either of these boring-blowhard outcomes by choosing one of the following options:

The first is to ban political discussion altogether. Your house, your rules. It may seem peremptory but it's actually polite: you are taking your friends' enjoyment into consideration by ensuring that dinner party's raison d'être — the conversation — doesn't devolve into an overwrought colloquy of firmly held and sanctimoniously expressed "beliefs."

And if you can manage that level of misdirection and talking-point discipline, then maybe it's time to run for office yourself.

If you wanted to spend the evening with like-minded individuals indulging in a self-righteous orgy of shared beliefs, you'd skip the dinner party and go straight to your Close Friends on Facebook.

metroview

An expensive, never-ending episode of *What Not to Wear*



Diane Baker Mason
For Metro

When I was in Grade 8 — back when the earth was cooling — the girls at our public school staged a revolution against the board of education's dress code. It forbade us from wearing pants, even when it was freezing cold, even though lots of us hated dresses, even though dresses restricted us (just try to slide into third wearing a dress and not show your underwear).

The school board made strained arguments: girls and women wearing pants were immodest, unattractive, even unhealthy. But times were changing — this was 1970, after all! — and the girls made a huge fuss. Before long, an announcement was made. We could wear pants. Finally, we were free.

Perhaps that's why, in my own middle-aged, middle-class, secular white-woman cultural bubble, I dislike the idea of niqabs and burkas. They seem an affront to freedom. I, personally, cannot imagine choosing to wear one and I feel a frisson of horror at the idea of being forced to do so. Perhaps I can justify this by observing that there are regimes in this world that restrict women's freedoms by legislating that they veil completely. But I remind myself that this is Canada. Canadian law does not require women to veil. It also does not require

them to take their veils off.

Despite this, our government has waged a legal war on a woman named Zunera Ishaq, using a quarter-million dollars of taxpayers' money. They pursued her through the courts, trying to force her to remove her veil when she took her oath of citizenship, arguing her covered face was "disrespectful" — as weak an argument as the ones the school board made. The courts rejected it. Even so, the government won't give up. It's taking it to the Supreme Court.

That court has interpreted the Charter of Rights and Freedoms to require that reasonable accommodation be made for Canadians' religious and cultural garb. No law that violates someone's rights (as does the provision in the Citizenship Act that requires a woman to unveil in public) is allowed to stand. Instead, she is allowed to remove her veil in private. Harper knows this but he continues to pursue Ishaq, knowing that to many ignorant and fearful voters, he appears to be protecting national security.

In fact, the Charter protects Ishaq — from her own government's imposition of an unfair law. Veiled women are entitled to the protection of the Charter. Just like us schoolgirls, they are allowed to wear what they want.

Because, after all, it's a free country.

Diane Baker Mason is a Toronto-based novelist, writer and retired lawyer.

metr.
Your essential daily news

STAR MEDIA GROUP PRESIDENT
John Cruickshank
VICE PRESIDENT & EDITOR
Cathrin Bradbury
VICE PRESIDENT & GROUP PUBLISHER
METRO EASTERN CANADA
Greg Lutes
MANAGING EDITOR OTTAWA
Steve Rennie
ADVERTISER INQUIRIES
adinfoottawa@metronews.ca
General phone 613-236-5058
FREE TO SHARE





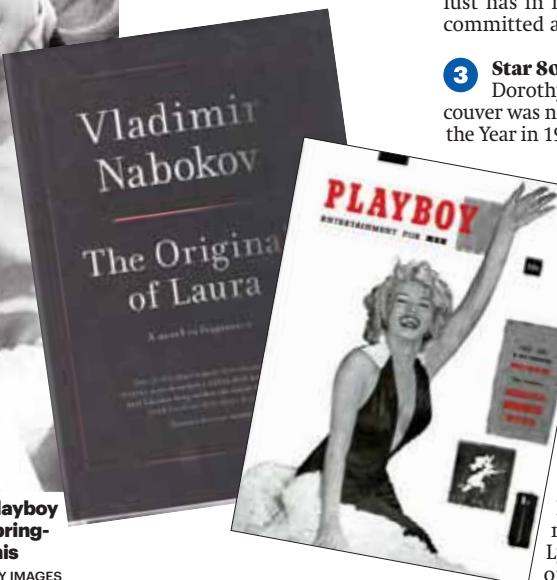
Hugh Hefner and actress Barbara Benton arriving at Le Bourget airport with the Playboy jet Big Bunny in 1970. The magazine that helped usher in the sexual revolution by bringing nudity into America's living rooms – or at least its sock drawers – announced this week that it will no longer run photos of completely naked women. STRINGER/AFP/GETTY IMAGES

A look back at the non-nudes

MAKING HISTORY

Feminism, murder, politics: A retrospective

Seeing its circulation plunge thanks to high-definition porn, Playboy will soon be covering up its Playmates. But history remembers the skin mag for much more than photos of naked women. A look at significant events in its six-decade history:



1 A Bunny's Tale

In this 1963 exposé, Gloria Steinem described her time as an undercover bunny waitress. The feminist icon wrote of long, often dull hours.

2 'Adultery in my heart'

Jimmy Carter stirred things up in 1976 when as a presidential candidate, he told Playboy he had "committed adultery in my heart many times," while quoting from the Bible to say that "anyone who looks on a woman with lust has in his heart already committed adultery."

3 Star 80

Dorothy Stratton of Vancouver was named Playmate of the Year in 1980 and murdered by her estranged husband shortly after. Her life and death were the topic for the 1983 film Star 80, starring Mariel Hemingway and Eric Roberts.

4 AIDS activist

In 1994, former model Rebekka Lynn Armstrong of California an-

nounced that she had tested positive for HIV in 1989. Armstrong, who appeared in the magazine's September 1986 issue, became an HIV/AIDS activist and safer sex educator.

5 Big nyet

The Russian Academy of Sciences sued Playboy's Russian edition in 1996 for featuring nude and semi-nude portraits of famous Russian women including Catherine the Great.

6 Spousal abuse 'advice'

The Romanian edition of Playboy ran an article in 2000 called, How to Beat Your Wife Without Leaving Traces. When called on the carpet by Christie Hefner, Playboy Enterprises' chairman and CEO, the magazine's Romanian deputy editor-in-chief said it was just an April Fools' joke.

7 Literary coup

Playboy won first serial rights to a novel that writer Vladimir Nabokov wanted burned. Instead of destroying The Original of Laura, Nabokov's only surviving heir decided to publish it and Playboy scooped up the rights in 2009.

8 Get Bart out of the room!

In an effort to attract readers in their 20s, Playboy's editors put cartoon character Marge Simpson on the cover of the November 2009 issue. TORSTAR NEWS SERVICE

105.3 KiSS
today's **best** music

\$1,000 WORKDAY
LISTEN to 105.3 KiSS FM at WORK!
YOU COULD WIN \$1,000!

Details at
1053kissfm.com



BOND BREAK ACTOR INSPECTS UN DEMINING Daniel Craig's globetrotting brought him to Cyprus, but not to film any scenes as James Bond. The British actor was on the eastern Mediterranean island Tuesday to inspect the United Nations' work in clearing minefields, a vestige of the conflict that divided this island along ethnic lines more than four decades ago. The UN has removed more than 27,000 landmines from the island's buffer zone over the last decade but it's estimated that thousands more remain. "I've much hope that I will be the first and last global advocate to see land mines on this beautiful island," said Craig. THE ASSOCIATED PRESS

EXTENDED TO NOV. 22ND!!

Menopause The Musical®

THE HILARIOUS CELEBRATION OF WOMEN AND THE CHANGE!®

NEW SHOWS ADDED!

OPENS TONIGHT!

Laugh out loud comedy set to 25 classic hits from the 60's, 70's & 80's!
Leaves you singing, dancing, laughing & cheering in the aisles!

FINAL BLOCK OF TICKETS NOW ON SALE!!!

• Tickets And Special Discounts Groups 8+
• 1-866-447-7849
• BUY ONLINE www.thegladstone.ca
• Wednesday: 2 p.m. & 8 p.m. • Thursday & Friday: 8 p.m.
• Saturday: 2 p.m. & 8 p.m. • Sunday: 1:30 p.m. & 5:30 p.m.

THE GLADSTONE • OTTAWA
910 Gladstone Avenue (near Preston St. in Little Italy) • www.thegroupixcompany.com

GOSSIP

Gomez opens up about Bieber breakup

Selena Gomez is just about done with her press blitz to publicize her new album, which means she's also just about done having to give introspective and revealing interviews.

But what could one more hurt? Gomez opens up to Refinery 29 about her relationship with Justin Bieber and the media glare around it.

"I think people really wanted to see me fail. I'd sit down in an interview and get the most harshly asked questions. Of course I got my heart broken. Of course I was pissed about it.

"There, everybody has it. I was so disappointed, because I never wanted my career to be a tabloid story," she says.

"At this point, there is no anger. There's closure in a very good, healthy way. We've seen each other. I'm always encouraging and I am proud of his journey. I think people are making it out to be something that is more tragic than it really was. We grew up together. We both made mistakes. That's it."

NED EHRBAR/METRO HOLLYWOOD

JLaw minds Hollywood wage gap

PAY ATTENTION

Oscar-winning and afraid to negotiate, not be likeable

Jennifer Lawrence says she blamed herself for failing as a negotiator when she learned from the leaked Sony emails that her male co-stars were paid more for *American Hustle*.

The Oscar-winning actress wrote in an essay for the online newsletter Lenny on Tuesday that she didn't want to fight for millions of dollars, partly because she didn't need the money and partly



Jennifer Lawrence
THE ASSOCIATED PRESS

OPINION PIECE

Adorable no more

In the thoughtful essay, Lawrence wonders if she's wasted her time trying to be likable while her male counterparts are commended for being fierce.

She ultimately concludes that she's "over" finding adorable ways to state her opinion.

because she didn't want to come across as "difficult" or "spoiled."

Lenny is a recently launched weekly newsletter from Lena Dunham and her Girls executive producer Jenni Konner.

THE ASSOCIATED PRESS

R-RATED

Styles goes full monty on Segway

Ned Ehrbar
Metro | Hollywood

While everyone's been talking about Justin Bieber's privates — including his dad, which is just icky — thanks to some awkward paparazzi photos, news of another young pop singer's clothing-optional exploits might have slipped through the cracks. But fear not, I'm here to fill you in.

According to the boys in 5 Seconds of Summer, touring with One Direction — and particularly Harry Styles — can be more than a little revealing. Band member Ashton Irwin tells Alan Carr during an interview that back-stage at one tour



stop, Styles stunned the band by zipping around completely naked on a Segway.

"It was just once. I saw full-on ball-sack," Irwin says before Michael Clifford adds, "The worst part was that Luke [Hemming]'s mom was standing right there, and he comes in on the Segway, just butt naked, sees Luke's mom and turns around."

That sounds like a pretty hilarious visual, except for one aspect Irwin forgot to add: "It was like his first time on a Segway, too, so it was kind of awkward turning around and trying to hide things at the same time."

Maybe get some more practice first before going full streaker, Harry?

NED EHRBAR/
METRO
HOLLYWOOD



Rose Reisman EAT THIS

THIS WEEK: Tim Hortons

It's said that breakfast is the most important meal of the day, and judging by the morning lineups at coffee shops and fast food joints, Canadians sure love their a.m. food fix. With the morning rush, most people are looking

for a tasty and filling breakfast. Beware of those that may be disguised as healthy but are loaded with calories, fat and sodium. A steady diet of these meals can raise the risk of stroke and cardiovascular disease.

PICK THIS



English muffin, egg and cheese

Ingredients

English muffin, egg and cheese

Calories 270

Fat 10 g

Saturated fats 5 g

Sodium 610 mg

SKIP THIS



Sausage bagel BELT

Ingredients

Twelve grain bagel, sausage patty, egg patty, processed cheese, lettuce and tomato

Calories 580

Fat 26 g

Saturated fats 10 g

Sodium 1160 mg

HERE'S WHY



The fat equivalent of 26 Honey Dip Timbits

The Sausage Bagel BELT may be served on a twelve grain bagel, which does increase the fibre, but the bagel alone has 350 calories, 9 g of fat and 530 mg of sodium! An English muffin only has 120 calories, 1 gm of fat and 200 mg of sodium. The sausage also adds excess calories, fat and sodium. Think of this bagel breakfast being the equivalent of 26 Honey Dip Timbits in fat. That's almost half your daily intake of fat before noon!

DELICACIES

Japanese food festival tries to lure visitors with whale meat

When tourists think of Japan, images of dramatic landscapes, futuristic cities and world-class sushi might spring to mind.

But one Tokyo district is hoping to reel in outsiders with the product of one of the country's more controversial traditions — slaughtering whales.

Ebisu, a chichi gastronomic hub close to Tokyo's frenetic Shibuya shopping district, is hosting an annual food festival aimed at introducing foreigners to the culinary delights of whale meat.

"With so many foreign tourists visiting Japan now, we would like to show how we really feel" about eating the animal, said Takashi Furui, head of the event's executive committee, at a press conference declaring the festival open last week.

A record 13.4 million foreigners visited Japan in 2014, up from 10.4 million the previous year.

The figure has already reached 12.9 million by August this year — with many regions jostling for ways to stand out as the 2020 Olympics approaches.

Around 30 restaurants in Ebisu district are offering whale dishes throughout the festival, which ends on Oct. 18.

But few tourists visiting the district this week seemed will-

"Based on the principle of it, I would not even want to try it..."

Tourist Eric Johnnson

ing to tuck into the dark meat, which fans say has a gamey quality, similar to venison.

"I don't believe I would do that unless I was absolutely starving and there was nothing else to eat," Canadian visitor Betty Lidington said near the main Ebisu station.

Her husband Bill agreed: "I don't really want to, and I won't miss it if I don't taste a whale."

Japan's culinary relationship to cetaceans is both controversial and complex.

The seafaring nation has hunted whales for hundreds of years but the industry only really took off after the Second World War to help feed a hungry country.

In recent decades it has used a legal loophole in the international ban on whale hunting that allows it to continue catching

the animals in order to gather scientific data.

But it has never made a secret of the fact that the whale meat from these hunts often ends up on dining tables — even though consumption has fallen sharply in recent years.

The country's influential Japan Whaling Association has given the festival its blessing.

"If foreign visitors actually see the food being served at restaurants, I hope they understand and say it may be all right to use it as resources as long as the animals are not endangered," said chairman Kazuo Yamamura, who attended the festival opening.

Festival organizers say Ebisu's name is deeply entwined with fishing, whales and foreigners.

Ebisu is a fishing god and one of the Seven Deities of Good Fortune — popularly revered throughout Japan as the tutelary gods of one's occupation.

The word can also refer to a whale, in a deified form, and was once used as a term to describe foreigners.

Seattle tourist Eric Johnnson said the festival put him off the district entirely. "Based on the principle of it, I would not even want to try it even if it tastes amazing and wonderful." AFP

Tangy tea's alcohol level causes clash

REGULATIONS

Kombucha dealers push back against fines in U.S.

A tangy fermented tea called kombucha has moved from the natural foods aisle to the mainstream. But it's also moved into the hot seat amid renewed concerns that it can contain low levels of alcohol.

Five years after alcohol levels detected in kombucha prompted nationwide recalls, U.S. federal authorities again are warning producers to relabel their products to indicate alcohol content or face fines. But this time around dozens of producers are resisting, and have asked for new federal tests to help them avoid running afoul of alcohol laws.

Kombucha is a tea that has been fermented with bacteria and yeast, giving it a tart, vinegar-like zip and high levels of bacteria that some consider to



Kombucha, a fermented tea, can contain 0.5 per cent alcohol, landing it in the sights of the U.S. authorities. ISTOCK

impart health benefits.

Its popularity in recent years has landed kombucha in the sights of the U.S. Alcohol and Tobacco Tax and Trade Bureau. That's because the fermentation process can give the drink too much alcohol for it to be legally sold as a non-alcoholic beverage.

Kombucha makers complain that the alcohol threshold that triggers the law — 0.5 per cent — is too low to intoxicate people.

Kombucha tea naturally walks the line of what authorities con-

sider an alcoholic beverage. Yeast and sugars in the tea create both the desired bacteria and alcohol. A kombucha tea can edge toward 1 per cent alcohol if it is aged and not refrigerated.

Kombucha brewers say the agency needs a new alcohol test specific to fermented drinks. They say the commonly used test to determine alcohol by volume doesn't account for naturally occurring sediment in kombucha, from bits of tea leaves to strands of yeast. THE ASSOCIATED PRESS



MACKENZIE RHYTHM SECTION



MACKENZIE RHYTHM SECTION

**MACKENZIE RHYTHM SECTION
WITH OPENING ACT BELLA CAT**

FRIDAY OCTOBER 23 | 8:30 PM

**TICKETS: 613-580-2700 • SHENKMANARTS.CA
SO CLOSE TO HOME • 245 CENTRUM BLVD. ORLÉANS, ON •**



Ottawa

Inside the mystique of Trader Joe's

BOUTIQUE GROCERIES

Scoping out the secretive chain's Buffalo outpost

Trader Joe's has its fans, its cultists and its detractors.

So what exactly is it about this boutique grocery chain that inspires such passion?

Is it the fact that this tiki-themed, culinary cruise ship is staffed by cheerful crew, merchants, mates and captains? Or how about the way that TJ's notorious secrecy plays so well in this age of TMI?

How many people know that Trader Joe's, despite being headquartered in California, has been privately owned by Germany's Albrecht family since 1979?

Probably not as many as can decipher those ringing bells, heard on a recent "investigative" trip to the store in Buffalo, NY. One bell is a call to open a cash register, two means there's a question at the checkout, and three is a request for a manager.

"We wear Hawaiian shirts because we're traders on the culinary seas, searching the world over for cool items to bring home to our customers," the company's website says, of its distinct theme. "And when we return home, we think grocery shopping should be fun, not another chore. So just relax and leave your worries at the door. We'll sail those seven seas, you have some fun with our finds at your neighbourhood Trader Joe's."

Trader Joe's is smaller than you'd imagine, making it a pleasure to navigate. The crew members don't have much insight into Canadian customers, but eagerly tout their favourite products.

The company shuns social media and lets fans run @traderjoeslist on Twitter.

Last year, the chain of 400-plus stores dropped plans to open in an African-American neighbourhood in Portland after activists voiced fears that gentrification would price the black community out of the area.

The company touts high standards for its private label — no artificial flavours or preservatives, genetically modified ingredients or synthetic colours, et



Grocery chain Trader Joe's is instantly recognizable once inside. Quirky and witty signs are spread throughout the store, enticing customers. TORSTAR NEWS SERVICE

cetera — but won't reveal who its vendors are so customers can't verify these claims.

Beth Kowitt, writing in Fortune in 2010 about the "secret world" of Trader Joe's, declares the chain "an offbeat, fun discovery zone that elevates food shopping from a chore to a cultural experience."

It stocks its shelves, she writes, "with a winning combination of low-cost, yuppie-friendly staples ... and exotic, affordable luxuries."

Indeed, the prices are a big draw. This ain't no Whole Foods Market (a.k.a. "whole paycheque").

Toronto immigration attor-

ney Mackenzie Houck, a transplanted American, lived off TJ's frozen bean and rice burritos during law school.

She adores peanut butter-filled salted pretzels, veggie and flaxseed tortilla chips, natural turkey jerky, fireworks chocolate bars, eggplant hummus, dry and unsalted almonds, Wasabi Wow trail mix and multivitamins (huh?).

Houck doesn't drive, so her "TJs pipeline" includes care packages from her mom, gifts from visiting friends and whatever she can stuff in her carry-on bag when she travels.

Will a Canada TJ's ever happen?

WORTH CROSSING THE BORDER FOR

After taste-testing \$150 worth of goods, here are the five Trader Joe's products we will buy again.

1 Giant Peruvian Inca corn (\$1.79)

Sometimes you just need to crunch. These Peruvian white corn kernels (supposedly five times the size of their North American counterparts) are toasted, salted and pleasing beyond belief. Caveat: The same thing can be found at Loblaws under a different brand.



2 Crunchy, salted peanut butter with flax and chia seeds (\$2.99)

Who would have guessed that flax and chia make for a scrumptious (and nutritious) threesome with peanut butter? The flax is from Saskatchewan, BTW. Support Canadian farmers.

3 Ghost chili grinder (\$4.99)

Dried, smoked ghost chilies (a.k.a. bhut jolokia, the world's third hottest pepper) come in a cute spice jar with a built-in grinder.

Perfect host/hostess gift.



4 Quinoa and black bean infused tortilla chips (\$2.99)

Tortillas are usually a vehicle for salsa for me, but these combine stone-ground white corn, red quinoa and black beans into something that speaks to me and are best eaten without adornment.

5 Sea salt and turbinado sugar dark chocolate almonds (\$3.99)

Four food groups (salt, sugar, chocolate, nuts) unite in bite-sized flavour explosions. Hoarding alert: These are too good to share.



"One can only dream," says Houck.

So far, the company's only foray into Canada has been a legal tussle.

In 2013, the company lost its legal battle with Pirate Joe's, a small Vancouver retailer that

declares itself an "unauthorized, unaffiliated, unafraid" reseller of Trader Joe's products.

Pirate Joe's owner Michael Hallatt buys retail in America, imports legally and adds proper Canadian labels. Good on him.

TORSTAR NEWS SERVICE

FRESHCO.

Our PRICES are...



Find a store and see our weekly flyer at FreshCo.com

The sweet side of figs

RECIPE

This versatile fruit can make a simple snack or fancy fare

Rob Gentile, chef-owner of a trio of Buca restaurants in Toronto, says eating a voluptuous fig straight from the tree is an incredible experience.

"You should eat it sitting down," Gentile says, "and reflect on how good it is."

While finding a truly delicious fig in Canada can be frustrating, that doesn't stop him from cooking with them. He poaches the fresh fruit in sugar syrup with grappa and espresso for his brunch menus, and insists that figs, pork blood and chocolate, a regional Italian specialty, make a "heavenly" combination.

But don't think figs need to be complicated. A simple snack like a bagel or slice of toast smeared with cream cheese and topped with mashed fig halves is easy and delicious.

NEW FOODS

Sustainable, tasty gooseneck barnacles

Theresa Albert
For Metro Canada

"Sustainable" has become the sweetest word on every foodie's lips. It is today's conundrum to choose foods that are affordable, delicious and good for both you and the planet.

Ocean Wise is a program established by the Vancouver Aquarium that is one of 18 organizations working together across North America to help save our oceans but keep us eating delicious fish. They estimate that 90 per cent of the world's predatory fish are gone already. This is why they certify fisheries and keep up-to-date suggestions on which fish to enjoy.

One of the newest species on the recommended list is the gooseneck barnacles that you may be seeing on restaurant menus this season. A delicacy in Spain and Portugal, where they are called percebes, the shell is inedible but the protruding foot has a calamari feel, which tastes somewhat briny.

Given the cost — ranging from \$16 to \$30 for an appetizer or \$20/lb. to buy them from the fishery — they are usually the fare of higher-end restaurants.

California Fig Pizza

Adapted from the California Fig Advisory Board.

Caramelized shallots:

- 2 Tbsp (30 mL) butter
- 5 shallots, peeled and sliced thin
- 1 Tbsp (15 mL) molasses
- 2 Tbsp (30 mL) sherry or balsamic vinegar
- Salt and freshly ground black pepper to taste

Pizza

- 400 g fresh pizza dough, at room temperature, cut in half
- 1 Tbsp (15 mL) extra virgin olive oil
- 4 fresh figs, sliced 1/4 inch (.5 cm) thick
- Salt and freshly ground black pepper to taste
- 2 oz (60 g) goat cheese, crumbled
- 2 Tbsp (30 mL) grated or shaved Parmigiano-Reggiano cheese
- 4 thin slices Prosciutto di Parma, cut in strips
- Garnish: arugula sprigs

1. For caramelized shallots, melt butter in large saucepan and cook shallots 5 to

\$15M

The value of the figs (4,423 tons) Canadians imported from California in 2014, according to the California Fig Advisory Board statistics.

TORSTAR NEWS SERVICE



10 minutes or until soft and golden brown. Stir in molasses and vinegar; season to taste with salt and pepper. Cook, stirring, until liquid is absorbed. Set aside.

2. Place pizza stone or heavy baking sheet in oven. Preheat to 500 F (260 C).

3. Place half the dough on a 12x12-inch (30x20 cm) piece of parchment paper. Roll into a 9-inch (23 cm) circle with lightly floured rolling pin. Brush with half the olive oil and spread half the caramelized shallots over all, leaving a 1/2-inch (1 cm) border.

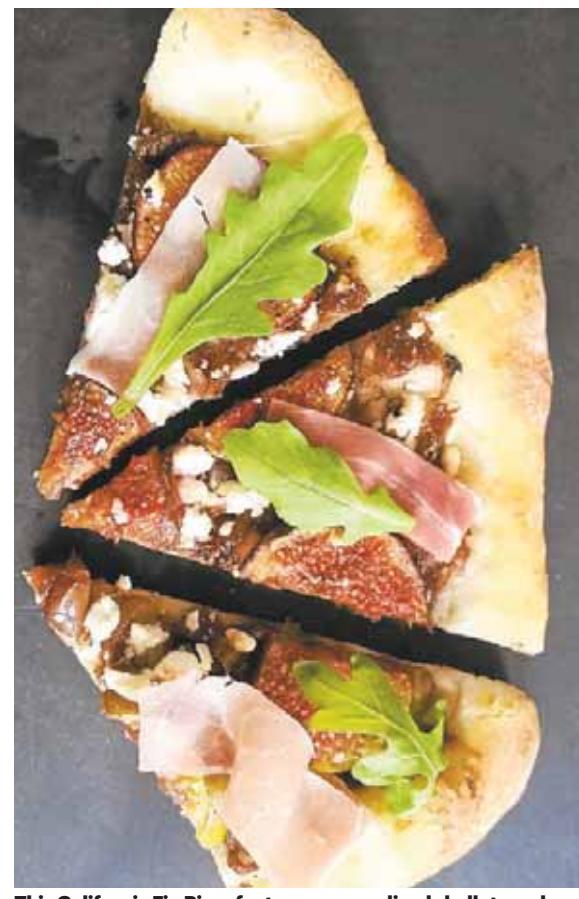
4. Arrange slices from two figs 1/2-inch (1 cm) apart over shallots and season lightly with salt and pepper.

Sprinkle half the goat cheese and 1 Tbsp (15 mL) Parmigiano evenly over all. Transfer sheet with pizza to preheated pan and bake 10 to 15 minutes or until cheese and edge of crust are lightly browned.

5. Repeat with second pizza or bake both at the same time. Transfer to cutting board, cool slightly then cut in wedges. Garnish with sliced prosciutto and arugula.

Serve warm or at room temperature. Makes two nine-inch pizzas.

TORSTAR NEWS SERVICE



This California Fig Pizza features caramelized shallots and Prosciutto di Parma. TORSTAR NEWS SERVICE

LIQUID ASSETS

Apple gets boozy this fall

If you'd asked me a year or so ago if grapes were in danger of not being the highest ranking pieces of fruit to produce alcoholic beverages, I would have choked on my Cabernet Sauvignon.

While grapes still rule when it comes to wine production, in today's booze market the apple is making a solid run for the second-most popular flavouring agent.

At the core of the apple's popularity is the rise of cider. Once considered the tipple of the lower gentry, cider has now found mass appreciation across Canada thanks to local artisan producers getting crafty with their creations.

Both beer and spirit makers are seeing dollar signs growing in the orchards, and the Crown Royal Apple Whisky (\$26.49-\$31.99) takes the classic CR recipe and infuses it with the candied-sweet flavour of Regal Gala apples. The fruit dominates through to the last drop, making it a smooth and easy-drinking fall season sipper.

PETER ROCKWELL/
METRO

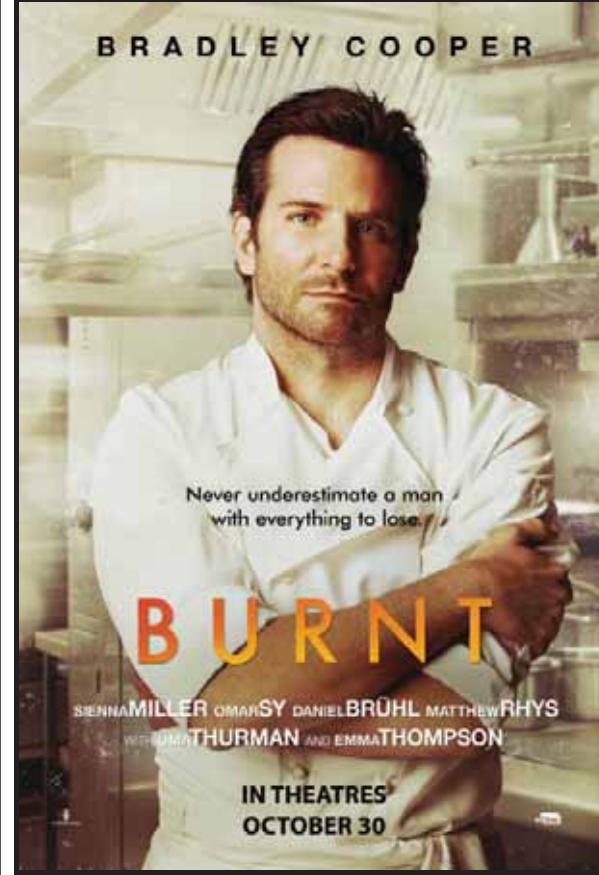


Gooseneck barnacles have a calamari feel and taste somewhat briny. THERESA ALBERT

Typically, they're served as one or two in a dish that will take on the accompanying flavours, much like mussels in garlic broth. This unfortunate-looking tiny shellfish is harvested by hand by the Nuu-chah-nulth First Nations fishery in B.C. The barnacles have a short shelf life, so fishermen do not harvest them until they receive an order.

Consuming barnacles, which are lower on the food chain, is more Earth-friendly than consuming increasingly rare predatory fish.

But you don't have to go all the way to barnacles — maybe sardines instead of salmon is a more simple switch.



YOU COULD WIN
a double pass to an Advance Screening of

BURNT
on
October 22

visit
**club
metro**.com
to enter

entertainmentOne

No purchase necessary. One entry per person, per day. Contest open to residents of the cities of Vancouver, BC, Edmonton and Calgary, AB, Toronto, and Ottawa, ON, Winnipeg, MB, and Halifax, NS, who have attained the age of majority in their province of residence as at the start of the Contest Period. Odds of winning depend on the number of eligible entries received in each city. Thirty (30) prizes are available to be won in each market, consisting of a double pass to a screening of Burnt on October 22, 2015. Approximate retail value of each prize is \$25 CDN. Each selected entrant must correctly answer, unaided, a mathematical skill-testing question to be declared a winner. Contest Period opens at 12:01 am ET on October 13, 2015 and closes at 11:59 pm ET on October 18, 2015. To enter and for complete contest rules visit www.clubmetro.com.

Your essential daily news

Toyota to debut Kirobo Mini, a robotic companion for long road trips, at Tokyo Motor Show



New CX-5 stays on good track



THE CHECKLIST | 2016 MAZDA CX-5

THE BASICS

Type. Four-door, five-passenger compact SUV
Engine (hp/torque). 2.0-litre I4 (155/150); 2.5-litre I4 (184/185)

Transmissions. 6-speed manual (2.0 only); 6-speed automatic

Price. Base \$22,995, as-tested \$37,295 (plus destination)

COOL FEATURES

- 40/20/40-split flat-folding rear seat
- Blind-spot monitoring
- Wide-angle rearview camera
- Automatic headlight leveling system
- Joystick controller for infotainment screen
- Forward collision alert with low-speed braking
- Lane departure warning system



JIL MCINTOSH/FOR METRO

POINTS

- In addition to minor styling changes and interior improvements, new standard and optional features have been added to all of the trim lines.
- Voice recognition on the navigation system accepts an entire address, rather than saying each line at a time.
- The optional adaptive cruise control keeps a pre-set distance from the vehicle ahead, but it tends to be jerkier than systems from most other manufacturers.

MARKET POSITION

The CX-5 is now the middle child in Mazda's SUV lineup, between the smaller CX-3 and three-row CX-9. It was introduced in 2013, replacing the slightly larger CX-7 that bowed out after the 2012 model year.

THE COMPETITION



Ford Escape
 Base price: \$23,899



Honda CR-V
 Base price: \$25,990



Hyundai Tucson
 Base price: \$24,399

REVIEW

Mazda makes minor tweaks to an already decent ride

Jil McIntosh
 For Metro Canada

Few things tick me off more than change for the sake of change. I'm tired of having to track down a grocery item because the package is different, or seeing that my running shoe has been discontinued because its design was more than a year old.

So I was pleased to discover that when Mazda updated its CX-5 for 2016, it only made some minor tweaks to a vehicle that was already a very decent driver.

The grille changes slightly on all models, while my top-line GT gets LED accent lighting and new wheels. The rear seats are more supportive, there's an electric parking brake in place of a lever, and a new infotainment system sits in the dash, controlled by a joystick in the centre console rather than buttons alongside the screen.

The GT also receives naviga-

tion as standard equipment.

Two engines are available, starting with a 2.0-litre four-cylinder in the base GX. That trim is front-wheel drive only, and offers a stick shift or automatic. The GS and GT trims use a 2.5-litre four-cylinder with a six-speed automatic. The GS can be ordered in front- or all-wheel drive, while the GT is AWD only.

The CX-5 shares both its platform and that 2.5-litre engine with the Mazda6. Like that sedan, the CX-5 accelerates briskly and handles beautifully, with far sportier performance than you'd expect from an SUV.

My GT tester was optioned with a Technology Package, which adds such items as adaptive cruise control, automatic high-beam headlights, forward collision warning with braking, and a lane departure system that blares a rumble-strip sound out of the stereo speaker if you drift out of your lane. The package also adds satellite radio, though I thought that should have been bundled with the premium stereo that's part of the GT's equipment list.

But be warned: If you opt for this top-line trim, it can be as much as \$1,000 more than similarly-equipped rivals. Be sure to check out all the trim levels and features if this Mazda is on your radar.

The CX-5 accelerates briskly and handles beautifully, with far sportier performance than you'd expect from an SUV.

JUMP! 106.9's
BRIBE 
OR
RIDE 

ARE YOU GOING TO TAKE THE BRIBE, OR ARE YOU GOING TO TAKE THE RIDE?

WIN THIS CAR!



Listen weekdays at 7:00am, 9:00am, Noon, 3:00pm & 5:00pm for your cue to call.
 Be the 9th caller through 613-750-1069 and instantly qualify to win the Fiat 500 Abarth!

But we'll try and convince you to take your name out of the draw with a bribe.

*Model may not be exactly as shown. Open to residents of Ontario and Quebec.



jump! 106.9
 NON-STOP HITS

DETAILS AT JUMPRADIO.CA

Volt further zaps range anxiety



ELECTRIC CARS

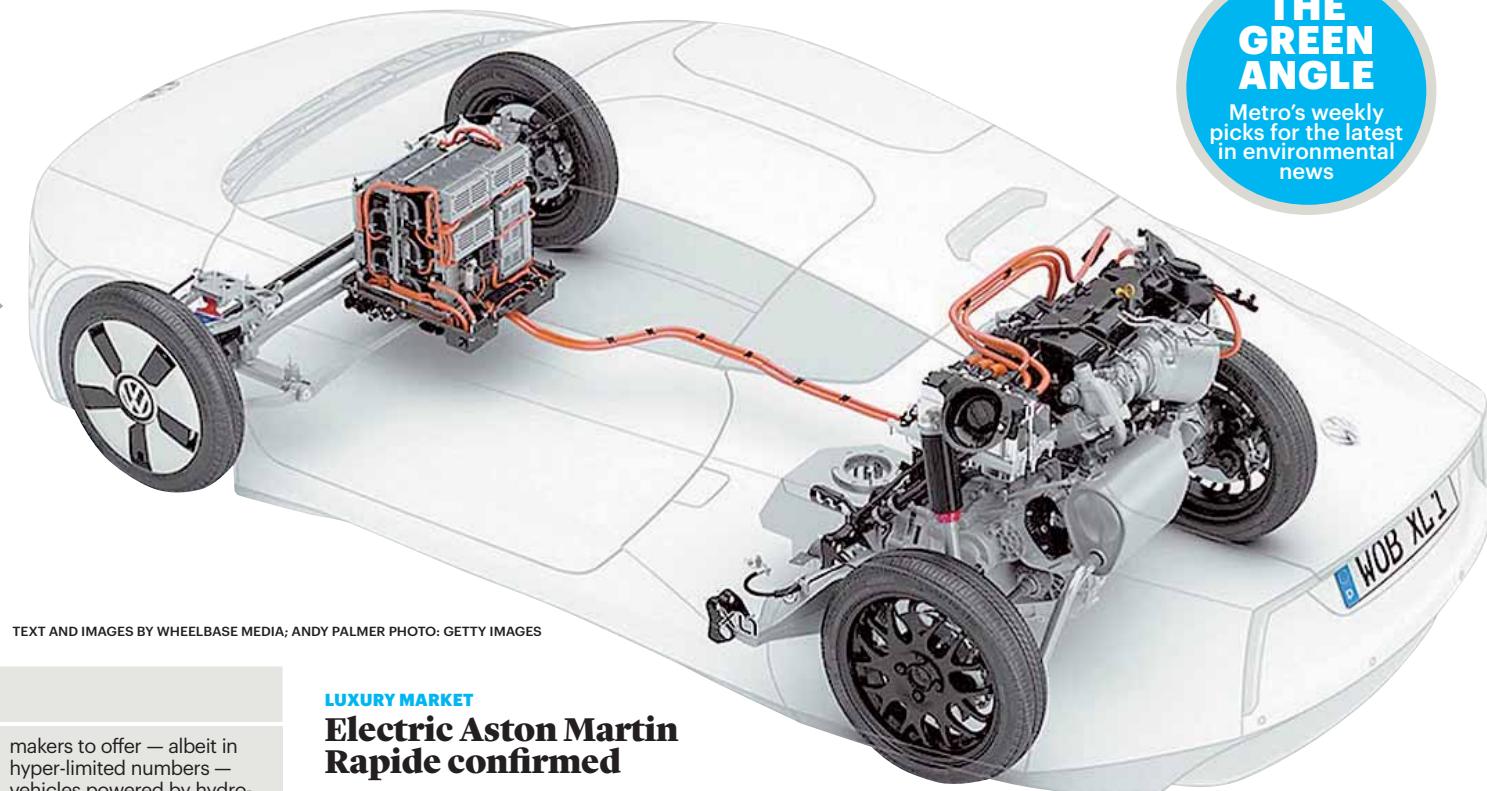
Battery-only range gets boost in new Volt

Having eliminated the phenomenon of range anxiety over plug-in electric cars with its original Chevrolet Volt sedan, General Motors has greatly increased the second-generation Volt's electric-only range, upping it to 85 kilometres from the original model's 56. Chevrolet estimates the new car's electric-only range will be enough to cover 90 per cent of most buyers' daily driving needs, reports Motor Authority. Once the car's electric range is depleted, the small on-board gasoline engine kicks in to work in tandem with the electric drive system, adding approximately another 670 kilometres of range. According to Motor Authority, "Chevy believes that most Volt owners will easily run 1,000 miles (1,600 kilometres) at a time between fill-ups."

EDUCATION

Preparing for the 'powertrain tech boom'

The auto industry generally is about to experience a "powertrain tech boom" that buyers might be "nowhere close to ready for," says industry news and data purveyor Ward's Auto. The company's analysts suggest it could be a challenge to convince the public to pay more for increased fuel efficiency and lower greenhouse-gas emissions, especially in the near term while gasoline prices remain low. People generally know little about diesel, hybrid and plug-in electric powertrains and what they can do, said Bryan Krulikowski of Morpace Market Research and Consulting.



TEXT AND IMAGES BY WHEELBASE MEDIA; ANDY PALMER PHOTO: GETTY IMAGES

FUEL CELLS

Three-quarters of Canadians support hydrogen: Poll

"Canadians have spoken" on the subject of hydrogen-powered vehicles, with 77 per cent believing that the hydrogen fuel cell is the future. That's according to a report commissioned by Hyundai's Canadian subsidiary, research company Ipsos Reid and carbon-management company Offsets. Hyundai and Japanese rival Toyota are the first two auto-



A hydrogen fuelling station. ISTOCK

makers to offer — albeit in hyper-limited numbers — vehicles powered by hydrogen fuel cells. The consumer-insight survey revealed most Canadians would like to drive a vehicle not powered by gasoline, but they aren't keen to turn to traditional battery electrics (BEVs), with 71 per cent of those surveyed indicating that "constantly having to charge a BEV is a pain."

LUXURY MARKET

Electric Aston Martin Rapide confirmed

An all-electric version of the Aston Martin Rapide four-door luxury sports car will be on the market in about two years, company CEO Andy Palmer has confirmed. Boasting 800 horsepower, a 320-kilometre range and all-wheel-drive, the electric Rapide will likely command a premium over the current gasoline-powered Rapide, pictured, that starts at more than \$200,000 US.

What Tesla clearly shows you is we haven't hit the ceiling in terms of price.

Aston Martin CEO Andy Palmer. He says an electric Aston could fill a niche that Tesla, as a relatively new brand, cannot cover.



GLOBAL LAUNCH

Early adopters get the Mirai

Over the summer Toyota took another step toward a hydrogen-based future with the arrival of the first hand-built Mirai fuel-cell vehicles in the United Kingdom. The cars were part of the first consignment to reach Europe ahead of the car's official launch in September, about the same time the Mirai went on limited sale in the United States (initially California only) and Japan. Toyota, which hopes to sell 3,000 Mirais globally over the next three years, debuted the car in markets where hydrogen fuel supply and retail infrastructures were already being developed. The limited number available in Britain had already been pre-sold, primarily by business and corporate customers.

THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news





THE FASTEST GROWING AUTOMOTIVE BRAND IN CANADA

Based on full-line brands, on 12 month, year over year rolling unit sales



NISSAN — CONQUER ALL CONDITIONS

SALES EVENT

FEATURING

**NO CHARGE
INTUITIVE ALL WHEEL DRIVE***

ON SELECT CUV MODELS

**NO CHARGE
WINTER TIRE PACKAGE****

WINTER TIRES, FLOOR MATS AND SAFETY KIT
ON SELECT PASSENGER CARS



SL AWD Premium model shown

2016 NISSAN ROGUE

AVAILABLE FEATURES INCLUDE: • AROUND VIEW MONITOR WITH 360° BIRDS'EYE VIEW*
• NISSAN SAFETY SHIELD WITH FORWARD COLLISION WARNING*

MONTHLY LEASE FROM **\$281**
WITH **\$0** DOWN AT **1.99%**
APR FOR 60 MONTHS

THAT'S LIKE PAYING ONLY
\$65 [≈] WEEKLY
ON ROGUE S FWD

OR
**NO CHARGE
INTUITIVE AWD**
ON OTHER ROGUE MODELS



1.8 SL model shown

2015 NISSAN SENTRA

TOP SAFETY AND TOP QUALITY
ONLY IN 2015 NISSAN SENTRA



STARTING FROM
\$17,229* - **\$5,031⁺** = **\$12,198**
ON SENTRA 1.8 S M6

PLUS
**NO CHARGE
WINTER
TIRE
PACKAGE**



THE "HIGHEST RANKED
COMPACT CAR IN INITIAL
QUALITY" IN THE U.S.



Platinum model shown

2015 NISSAN PATHFINDER

AVAILABLE FEATURES INCLUDE: • TRI-ZONE ENTERTAINMENT
• CLASS-EXCLUSIVE AROUND VIEW® MONITOR*



GET UP TO **\$5,250⁺** CASH DISCOUNTS
ON SELECT PATHFINDER MODELS
INCLUDES INTUITIVE NO CHARGE
AWD CREDIT

OR
FINANCE AT
0%[†] APR FOR UP TO **72** MONTHS
ON PATHFINDER S

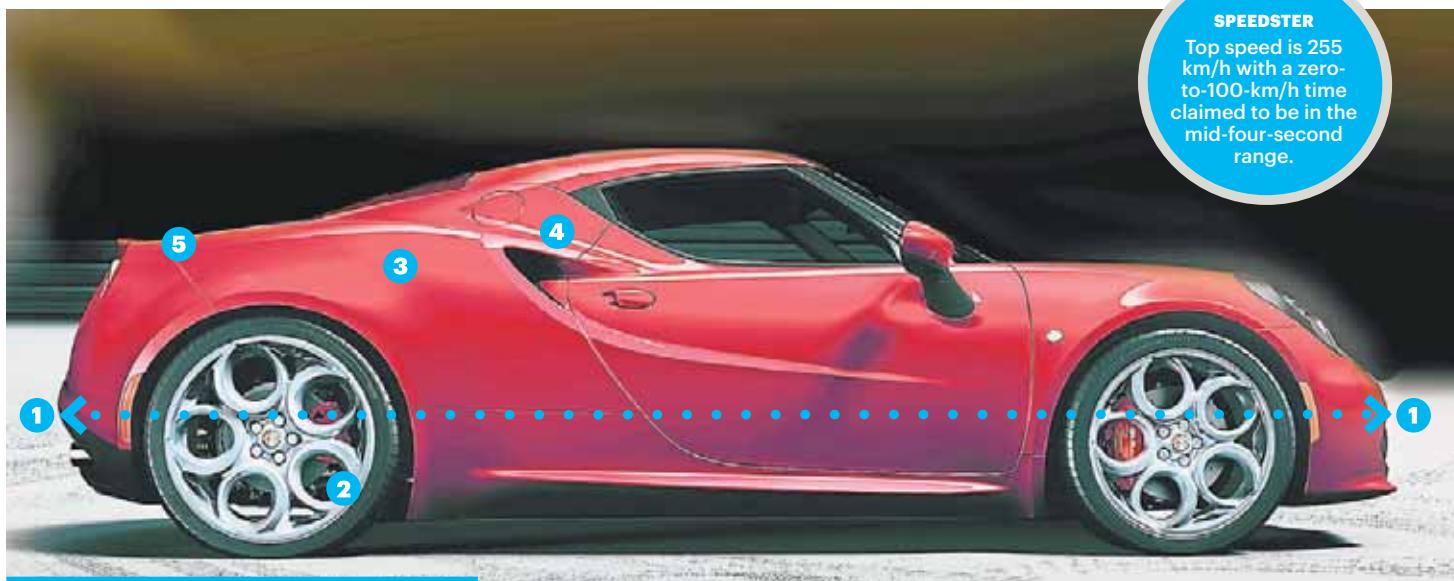
ALREADY DRIVING A NISSAN? OUR LOYALTY PROGRAM HAS GREAT OFFERS.
VISIT CHOOSENISSAN.CA OR YOUR LOCAL RETAILER • ENDS NOVEMBER 2ND

Offers available from October 1 – November 2, 2015. *Payments cannot be made on a weekly basis, for advertising purposes only. **\$2,180//\$2,000//\$2,500 no-charge all-wheel drive upgrade is available on new 2015 Juke (excluding SV FWD (N5RT55 AA00)// 2016 Rogue (excluding S FWD (Y6RG16 AA00) and SV Special Edition FWD (Y6SG16 AA00)) // 2015 Pathfinder (excluding S-4x2 (5XRG15 AA00) model) purchased or financed with NCF at standard rates and delivered between October 1, 2015 and November 2, 2015. Offer consists of a discount that can only be used at the time of initial purchase/lease/finance and applied towards: (i) the purchase of an all-wheel drive system from an authorized Nissan dealer; and/or (ii) the purchase price of the vehicle. *350//\$400//\$500 no-charge winter tire package offer is available on new 2015 Micra // 2015 & 2016 Versa Note // 2015 Sentra models purchased, leased or financed and delivered between October 1, 2015 and November 2, 2015. Offer consists of a discount that can only be used at the time of initial purchase/lease/finance and applied towards: (i) the purchase of a winter tire package (includes: all-season floor mats, emergency road kit, and 4 specified winter tires -- rims, tire installation and balancing not included) from an authorized Nissan dealer; and/or (ii) the purchase price of the vehicle. The discounts will be deducted from the negotiated price before taxes and can be combined with special lease and finance rates offered through Nissan Canada Finance. Any unused portion of a discount will not be refunded and may not be banked for future use. Offers are subject to change or cancellation without notice. Conditions apply. See your participating Nissan dealer or visit choosenissan.ca for details. *\$12,198 selling price includes MSRP and fees for a new 2015 Sentra 1.8 S M6 (C4LG55 AA00), \$5,031 NCI non-stackable cash discount, which includes \$350 dealer participation included in advertised amount. *Cash discount is \$5,250//\$2,500 available on 2015 Pathfinder S 4x4 (5XBG15 AA00). \$5,250 comprised of 'No Charge AWD' credit of \$2,500//\$2,450 NCF standard rate cash, \$300 dealer participation. Only applicable with finance through Nissan Canada Finance at standard rates. *Representative monthly lease offer based on a new 2016 Rogue S FWD CVT (Y6RG16 AA00). 1.99% lease APR for a 60 month term equals monthly payments of \$281 with \$0 down payment, and \$0 security deposit. First monthly payment, down payment and \$0 security deposit are due at lease inception. Payments include freight and fees. Lease based on a maximum of 20,000 km/year with excess charged at \$0.10/km. Total lease obligation is \$16,848. 2016 Rogue S FWD CVT does not qualify for 'No Charge AWD credit'. This offer cannot be combined with any other offer. Conditions apply. *Models shown \$37,139//\$26,129//\$48,839 Selling price for a new 2016 Rogue SL AWD Premium (Y6DG16 BK00) // 2015 Sentra 1.8 SL (C4TG15 AA00) // 2015 Pathfinder Platinum (5XEG15 AA00). See your dealer or visit Nissan.ca/Loyalty. **Freight and P&D charges (\$1,760//\$1,600//\$1,760) air-conditioning levy (\$100) where applicable, applicable fees (all which vary by region), manufacturer's rebate and dealer participation where applicable are included. License, registration, insurance and applicable taxes are extra. Lease offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with any other offers except stackable trading dollars. Vehicles and accessories are for illustration purposes only. ALG is the industry benchmark for residual values and depreciation data, www.alg.com. For more information see IIHS.org. *Forward Collision Warning is intended to warn you before a collision occurs; it cannot prevent a collision. Speed and other limitations apply. See Owner's Manual for details. *Ward's Large Cross/Utility Market Segmentation. MY15 Pathfinder and Pathfinder Hybrid vs. 2014 competitors. *Around View Monitor cannot completely eliminate blind spots and may not detect every object. Always check surroundings before moving vehicle. Virtual composite 360 view. The Nissan Sentra received the lowest number of problems per 100 vehicles among compact cars in the proprietary J.D. Power 2015 Initial Quality Study™. Study based on responses from 84,367 new-vehicle owners, measuring 244 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of owners surveyed in February-May 2015. Your experiences may vary. Visit jdpower.com. See your participating Nissan retailer for complete details. *2015 Nissan Canada Inc. and Nissan Canada Financial Services Inc. a division of Nissan Canada Inc.

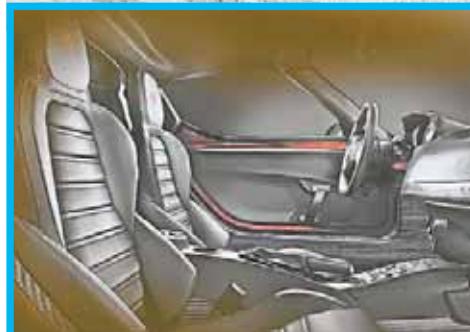
Meet the 2015 Alfa Romeo 4C

It's an exercise in physics, really. Low mass is easier to move. Alfa Romeo returned to the North American market with this car, sold in limited numbers through Maserati dealerships and some select Fiat stores. The key to the 4C is reduced weight through size and material use. At about 300 kilograms less than a Mazda Miata and the same overall length, it doesn't need a big engine to be quick.

JEFF MELNYCHUK WHEELBASE MEDIA

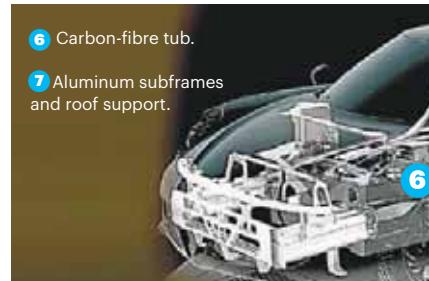


SOURCE: FIAT CHRYSLER



Inside

- Seat frames are a mix of lightweight carbon fibre and fibreglass.
- Paddle-shift six-speed transmission; switch to reverse on the console.
- Four driving modes, including "Race" (denoted by yellow), which deactivates the stability control and allows the use of "launch control."
- Peak power below 6,500 for easier cruising.



THE RUNDOWN

1 Dimensions

It's only about 4.1 metres long, which is about the same as the Mazda Miata, but the 4C is nearly 20 centimetres wider.

2 Wheels

Seventeen-inch front and 18-inch rear wheels are standard; 18/19 are optional.

3 Engine

The 4C has a mid-engine layout and rear-wheel drive. The turbo 1.75-litre four-cylinder engine makes 237 horsepower and 258 pound-feet of torque.

4 Lighter, stronger

Body composite is claimed to be both lighter and stronger than steel and allows complex shapes like this.

5 Storage

Here's a small trunk behind the engine.

Honda's latest rides



The Light Weight Super Sports Concept

This bike has been introduced as the prototype for the brand's future generation of sporty motorbikes with an aggressive aesthetic and feather-light weight. However, there's no indication yet from Honda on the engine type or performance.



The EV-Cub Concept

This small electric scooter is made to look decidedly retro, in line with the spirit of the brand's older productions. The battery has been placed as far down as possible in order to lower the scooter's centre of gravity, guaranteeing the best balance possible.



The Neowing

The futuristic three-wheeler should provoke the same on-the-road sensations as a powerful motorcycle in sharp turns, all while remaining extremely stable at low speeds. The hybrid scooter will be equipped with a four-cylinder engine paired with an electric motor.

ALL PHOTOS HONDA

ALL OUT CLEAROUT SALES EVENT

0%[†]
FOR
72
MONTHS

TOTAL SAVINGS UP TO
+\$10,350

ON SELECT 2015 MODELS

2015 RAM 1500 ONTARIO'S FASTEST GROWING LINE OF FULL-SIZE PICKUPS[‡]

0%[†] FINANCING[†] FOR 72 MONTHS
ON 2015 RAM 1500 QUAD AND
CREW CAB MODELS

AND

GET UP TO \$10,000 IN TOTAL
DISCOUNTS[‡]



Starting From Price for
2015 Ram 1500 Sport with
Performance Hood shown: \$39,765[§]



Starting From Price for
2015 Dodge Grand Caravan
Crew Plus shown: \$34,490[§]

2015 DODGE GRAND CARAVAN CANADA'S BEST-SELLING MINIVAN FOR MORE THAN 31 YEARS

THE ULTIMATE FAMILY PACKAGE

GET UP TO \$10,350 IN TOTAL
SAVINGS[‡]

AND
GET

0%[†]
FINANCING[†]
FOR 48 MONTHS



2015 JEEP CHEROKEE SPORT FWD BEST-IN-CLASS CAPABILITY[¶]

0%[†]
FINANCING[†]
FOR 72 MONTHS

AND

GET \$1,000 JEEP CLEAROUT
CASH[¶]



AUTOMOBILE JOURNALISTS
ASSOCIATION OF CANADA
2014 JEEP CHEROKEE
BEST NEW SUV
(UNDER \$35,000)

2014 JEEP CHEROKEE
CANADIAN UTILITY
VEHICLE OF THE YEAR

Starting From Price for
2015 Jeep Cherokee Limited shown: \$32,490[§]



Starting From Price for
2015 Dodge Journey Crossroad shown: \$31,785[§]

2015 DODGE JOURNEY CANADA'S FAVOURITE CROSSOVER[^]

THE ULTIMATE FAMILY PACKAGE

GET UP TO \$8,470 IN TOTAL
SAVINGS[‡]

AND
GET

0%[†]
FINANCING[†]
FOR 48 MONTHS

chryslercanada.ca/offers

REBUILDING YOUR CREDIT? NON-PRIME RATES FROM ONLY 4.99% OAC[~]



Wise customers read the fine print: [†], [‡], [¶], [^], [~], [§] The All Out Clearout Sales Event offers are limited time offers which apply to retail deliveries of selected in-stock new and unused models purchased/leased from participating retailers on or after October 1, 2015. Offers subject to change and may be extended or changed without notice. All pricing includes freight (\$1,695), air-conditioning charge (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Financing and lease offers available to qualified customers on approved credit. Retailer order/trade may be necessary. Retailer may sell for less. 10% purchase financing for up to 72 months available on select new 2015 models to qualified customers on approved credit through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Examples: 2015 Ram 1500 Quad Cab SXT 4x4 (25A+AGR+XFH)/2015 Dodge Grand Caravan SXT (29E)/2015 Jeep Cherokee Sport FWD (24A)/2015 Dodge Journey SXT (29E) with a Purchase Price of \$28,385/\$27,268/\$24,482/\$28,795 with a \$0 down payment, financed at 0% for 72/48/72/48 months equals 156/104/156/104 bi-weekly payments of \$182/\$262/\$157/\$277 with a cost of borrowing of \$0 and a total obligation of \$28,385/\$27,268/\$24,482/\$28,795. \$10,350 in Package Value available on the new 2015 Dodge Grand Caravan SXT Ultimate Family Package model based on the following: \$7,000 Consumer Cash, \$850 No Charge Uconnect Hands-Free Group and \$2,500 Ultimate Family Package Savings. \$8,470 in Package Value available on the new 2015 Dodge Journey SXT Ultimate Family Package model based on the following: \$2,000 Consumer Cash, \$2,500 DVD Bonus Cash and No-Cost Options of \$3,970. \$10,000 in Total Discounts is available on the new 2015 Ram 1500 model (excluding Reg Cab) and consists of \$8,500 in Consumer Cash Discounts and \$1,500 in Ram Truck Loyalty/Conquest Bonus Cash. See your retailer for complete details. *Consumer Cash Discounts are deducted from the negotiated price before taxes. \$1,500 Ram Truck Loyalty/Conquest/Skilled Trades Bonus Cash is available on the retail purchase/lease of 2015 Ram 1500 (excludes Regular Cab), 2014/2015 Ram 2500/3500, 2014/2015 Ram Cab & Chassis trucks, or 2015 Ram Cargo Van and is deducted from the negotiated price after taxes. Eligible customers include: 1. Current owners/lessees of a Dodge or Ram Pickup Truck or Large Van or any other manufacturer's Pickup Truck or Large Van. The vehicle must have been owned/leased by the eligible customer and registered in their name on or before October 1, 2015. Proof of ownership/lease agreement will be required. 2. Customers who are skilled tradesmen or are acquiring a skilled trade. This includes Licensed Tradesmen, Certified Journeymen or customers who have completed an Apprenticeship Certification. A copy of the Trade Licence/Certification required. 3. Customers who are Beaumere Approved service providers. Proof of membership is required. Limit one \$1,500 bonus cash offer per eligible truck transaction. Some conditions apply. See your retailer for complete details. [~]Non-prime financing available on select models on approved credit. 4.99% financing available on 2015 Ram 1500 Quad Cab SXT 4x4/2015 Chrysler 200 LX. 6.99% financing available on select 2015 models. Financing examples: 2015 Dodge Journey Canada Value Package/2015 Dodge Grand Caravan Canada Value Package with a Purchase Price of \$19,995/\$19,995, with \$0 down payment, financed at 4.99%/6.99% over 84 months, equals 182 bi-weekly payments of \$130/\$139 with a cost of borrowing of \$3,736/\$5,346 and a total obligation of \$23,731.14/\$25,341.15. Some conditions apply. See your retailer for complete details. [§]Starting From Prices for vehicles shown include Consumer Cash Discounts and do not include upgrades (e.g., paint). Upgrades available for additional cost. [¶]Based on IHS Automotive: Polk Canadian Total New Vehicle Registrations data comparing calendar year-end market share and volume for 2014 versus 2010 for all large pickups sold in the province of Ontario. Ram large pickup segment as defined by FCA Canada Inc. [^]Based on 2014 Ward's Middle Cross Utility segmentation. [~]Based on IHS Automotive: Polk Canadian Vehicles in Operation data available as of July, 2014 for Crossover Segments as defined by FCA Canada Inc. [~]Jeep is a registered trademark of FCA US LLC used under license by FCA Canada Inc. [~]The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

SiriusXM
DODGE
CARAVAN KIDS
PROUD SPONSOR OF AMATEUR HOCKEY ACROSS CANADA

Honk if you like honking

AUTOPilot

Time to reclaim the horn for more genteel, useful purposes

Mike Goetz
For Metro Canada

Last week when a car abruptly turned into my lane I laid on the horn so hard and so fast I almost sprained my wrist.

But it worked. He swung back into his lane. No sheet metal was harmed. My sphincter muscles relaxed.

And the best thing? I didn't feel guilty about using the

horn. Usually I do.

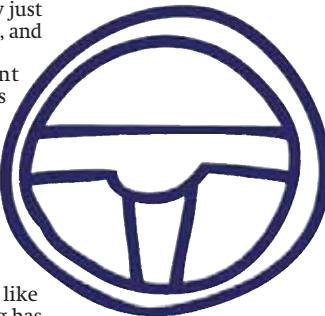
Even when I'm completely justified for honking in a non-emergency situation — like enlightening an absentminded driver in front of me that the traffic light is no longer red but green — it can sometimes feel like the honking is too strong, like I'm super mad, when I'm just really just trying being helpful, and only medium mad.

Not 100 per cent sure, but it seems we motorists have been gradually skewing horn use towards its confrontational side. Get out my way! You bleeding idiot! That kind of thing.

As such, it feels like that side of honking has become the de facto usage for it, and makes some people not reach for it, in circumstances when honking could actually contribute to traffic flow, safety and civility.

Maybe we need to re-claim the horn for the more genteel and useful purposes it can also provide. In that light, I did some research into the matter and can offer this (incom-

plete list) of Acceptable and Non-Acceptable situations for using your horn, or honking. But remember, every situation is ultimately unique, so don't use this list as the last word on the matter. Personal judgment is always necessary in honking.



- **Acceptable** — If you see someone holding up a sign that reads: "Honk if you like lasagna."
- **Unacceptable** — If you see someone holding up a sign that reads: "Honk if you like cholera."
- **Acceptable** — To warn a

pedestrian walking in your direction on a narrow road shoulder that you are approaching them.

- **Unacceptable** — To warn a pedestrian walking on the sidewalk that you intend to start driving on their section of the sidewalk. Vehicles should not drive on the sidewalk.

- **Acceptable** — To get a driver's attention, to tell them their taillights are burned out.

- **Unacceptable** — To get a driver's attention, to tell them they are proof that evolution CAN go in reverse.

- **Acceptable** — To alert a driver that he or she is starting to drift out of their lane.

- **Unacceptable** — Continuously laying on the horn on the highway, as a way of letting other motorists know you are very sleepy, and are probably going to be drifting into their lane at some point.

SUB-COMPACT/PICKUP TRUCK CROSS

Suzuki to Deck the halls at Tokyo

THE SHOW

The 44th Tokyo Motor Show runs from Oct. 30 to Nov. 8.

the beach as it is essential in a supermarket carpark.

The prototype is aimed at showing fans where Suzuki, which started making cars in 1920, is taking its brand as it moves into its second century in business. AFP



The Mighty Deck concept. SUZUKI

TAKE A
SECOND
LOOK

Everything needs updating. Even insurance.

Take a Second Look at your Auto Insurance with ScotiaLife Financial. We'll help you understand what you've got, what you really need and where you can save, no matter who your insurance provider is. Call us today at 1-866-989-4760.

scotialifefinancial.com

 **ScotiaLife Financial®**
Surprisingly Simple Insurance

IN THEIR PRIME

It's never too late to be active

The benefits of exercise are well-documented — and you are never too old to start

If you are looking to avoid physical activity, there are loads of excuses — I'm too old. I just don't like it. Or I just prefer TV. Who really needs it anyway? Actually, we all do.

"It's never too late to start and to reap the benefits," said Karin Whalen, director of community services at The Wellness Institute in Winnipeg. "Regular activity at the correct intensity lowers the risk of stroke, certain cancers, Alzheimer's disease, the list goes on."

Add to that the emotional and social benefits and you can see why she is so passionate about physical activity as we age.

"Look at our sedentary lifestyle now. You don't have to go to a store to shop because we can shop online and we don't even have to leave our beds to do it."

It's all about getting up and moving around.

"Exercise is the anti-aging prescription," said Maureen Hagan, vice-president of program innovation at GoodLife Fitness and director of education for Canfitpro in Toronto. "Physical activity



SHUTTERSTOCK

maintains mobility, which is one of the key factors in someone being able to live independently as they age."

Her message: Be consistent, that's the key.

You have to make an effort, but there are tools you can use to ensure success:

- Set up a time to walk with someone, for example. "You're less apt to drop out if someone is waiting for you," Whalen said.
- There are a variety of fitness classes available, everything from Zumba to spinning and lots in between. Pick

something you like, you are more likely to stick with it.

- Make daily physical exercise a priority and schedule your exercise time.
- Use technology: Set up reminders on your smartphone, get a wearable fitness tracker or a smart watch that tells you when you aren't doing enough activity.
- Think wellness because exercise is only part of the equation as you get older. The unsung heroes are good nutrition, sleep and stress reduction. Meditation or yoga are great ways to enhance well-being.

— Donna Paris

FEET ARE FOUNDATION OF THE BODY

What's the key to lifelong health and well-being? Pierre Dupont says it all starts with putting your best foot forward each and every day.

"Feet are the foundation of our body," says Dupont, a doctor of podiatric medicine and chiropodist at the Ottawa Foot Practice. "When they ache they ruin our life experience."

The way to prevent foot issues is through wearing proper shoes, something few people actually do, Dupont says.

"The only thing that can be done is to wear good, supportive shoes all the time, even in the house. I mean good, laced shoes that have a sole that's rigid from heel to the ball of the feet."

A proper pair of shoes should only flex at the toe; the rest should be rock solid. There are two tests Dupont recommends for a shoe: One is to twist it at the widest part of the forefoot and heel — it shouldn't move; the second is to grasp it by the heel and strike the ground firmly.



SHUTTERSTOCK

"If it flexes in the middle, put it back," he says, adding that while he understands that proper shoes can be expensive, "the cost is minor compared to the benefits."

Without proper footwear, the ankle bone can fall out of good alignment and

overload the skeletal structure of the foot. Ideally, the 26 bones of the foot are aligned to spread out the body's stresses, but if they are out of alignment, it can cause problems that cause pain in the foot, ankle, leg, knee, hip, back, and sometimes up to the neck. Dupont says, adding that restless leg syndrome, shin splints, nerve issues, and plantar fasciitis can all result from ankle misalignment.

"I've seen people stop running because of heel and foot pain. They then put on weight and get depressed because they're not as active. They aren't able to do what they like."

For people in foot pain, Dupont has written a book on the subject, which is available for download from his site, ottawafootpractice.com.

"The more you know, the better you can be equipped to make the right decision," he says. "Have a foot specialist examine you, using both the clinical and radiological exam so we know exactly what is going on."

STILL IN PAIN?



It is not normal to keep suffering from:

- Heel and Foot Pain
- Collapsing or Flat Feet
- Ingrown or Fungal Nails
- Stubborn Plantar Warts
- Repetitive Sports Injuries or Ankle Sprains
- Bunions and Hammertoes

We make feet feel better!



Visit our website and download our complimentary e-book!

**Pierre Dupont, Doctor of Podiatric Medicine
Registered Chiropodist | Foot Specialist**

28 Deakin Street, Suite 101 | 613 595-9700

OttawaFootPractice.com



CONTRIBUTED PHOTOS

Affordable Retirement Living! Starting at \$2,655 / month



Retirement Living with a Spectacular View!

Come and tour our sought after location. Only minutes from amenities!

Ask us about
our Moving
Incentive!

- Residential
- Assisted Living
- Memory Care

Short Term Stay Available
for 75/day!

RIVERPARKPLACE
Retirement Residence



1 Corkstown Rd, Nepean

613-828-8882

www.riverparkplace.ca

Prepare for unexpected

Riverpark Place can help with moving decisions

Moving, at any point in one's life, is a major event. As we get older, those decisions become more important and families can help ensure that the right decision is made.

"With regards to having aging parents, I think that it is very important to know what their wishes are to best prepare for the unexpected," says Guylaine Waldron, chief operating officer, Caregard Group, of which the Riverpark Place Retirement Residence is a property. "Oftentimes, the families will call

a retirement community due to a fall or event that brings their parent to the hospital.

Retirement communities have all types of packages available from a trial stay to permanent. If the stay is due to a surgery and they require convalescent care in order to return home, these options are available. Riverpark Place, for example, is highly recommended by health-care providers."

If possible, Waldron said getting familiar with the eventual retirement facility is helpful.

"If a parent sees themselves in a retirement community at some point in the future it is sometimes best to set up a trial stay when they are well so that there is a plan going forward. They have then had a say in the location, amenities and it's familiar. At Riverpark Place we make the time to meet with families to help educate all the time. It's what we do and it's our pleasure."

And retirement living can have incredible social benefits for residents.

"One of the myths about retirement homes is that it is seen as an end, but, in fact, it's a new beginning," Waldron says. "Sometimes seniors are at home for far too long, facing challenges such as loneliness, daily living activities, housekeeping, laundry, grocery shopping, and meal preparation. In a community, you have all of this taken care of for you so you can enjoy life — go on outings, participate in activities, and make new friends. Riverpark Place has a vibrant senior population."

Not all retirement communities offer the same service and billing options. Riverpark Place prefers the all-inclusive model so everyone knows what to expect budget-wise. In addition, the director of care is registered nurse.

For more information, please visit riverparkplace.ca.



SHUTTERSTOCK

A customized formula for your body's needs

Try NutriChem's body chemistry balancing test

Our bodies are marvels of evolution, but they can fall out of balance. To help promote lifelong well-being, the team at the NutriChem Compounding Pharmacy and Clinic offer a body chemistry balancing (BCB) test that can help develop a customized multivitamin formula that's specific to your body's needs.

"There is no age limit for the BCB test," says Laura Simpson, registered holistic nutritionist and culinary nutrition expert at NutriChem. "Anyone of any age looking to identify the root cause of their body's imbalance and find a solution to suit their individual needs can benefit from this experience. Our customized supplement formula is specifically designed for you based upon testing, using the most absorbable forms of vitamins and minerals. Having a customized formula is cost-effective because you are only buying what you need in the proper dose. They are gluten-free, dairy-free and contain no artificial fillers or dyes."

The BCB tests one's vitamin and mineral status, neurotransmitters, and gut health (more than 50 different biochemical mark-

ers). It will show what's functioning correctly, which areas need support, and whether critical nutrients are missing. From there, the team can develop a customized multivitamin formula to fill in the gaps.

"Signs of an unbalanced body chemistry may include low energy, low libido, depression, anxiety, poor sleep, fatigue, sensitivities and nutritional deficiencies," Simpson says.

The treatment has truly made a difference in people's lives.

"NutriChem has been in business for 34 years and has offered the BCB test for over 15 years," she says. "We have so many amazing patient successes. Many customers tell us that it has been an invaluable experience to them and have dramatically improved their well-being. We have lots of testimonials, which can be found on our website."

NutriChem's customers are quick to say how the treatment has had a positive impact on their lives.

"When I came to NutriChem I was in terrible shape," Peggy from Ottawa says. "I couldn't focus, I was not happy, and I hated myself. Now I feel happy and I am so glad I came to NutriChem. Thank you for giving me my life back."

For more information, contact NutriChem for your personalized health solution at nutrichem.com, call 613-721-3669, or stop by one of two NutriChem locations.

Personalized Health Solutions



Live a long healthy life!

Get the most comprehensive testing available for you and your family, paired with the most detailed consultation you will ever have.

"We have reduced my prescription medications by half due to the compounded vitamins I'm now taking ... great work NutriChem"
— Mary Lou, Gatineau, QC

NutriChem can create your very own personalized vitamin and mineral formula!

 **NutriChem™**
Personalized Health Solutions



NutriChem Compounding Pharmacy & Clinic

1303 Richmond Road • 613-820-4200 • frontstore@nutrichem.com

West-End Clinic

1305 Richmond Road, Suite 204 • 613-721-3669 • clinic@nutrichem.com

East-End Clinic & Retail Store

1185 St. Laurent Boulevard • 613-695-5405 • stlaurent@nutrichem.com

www.nutrichem.com

CHS OFFERS THE RIGHT SUPPORTS TO SUCCEED

When General Motors' Oshawa truck plant shut down in 2009, 30-year veteran engineer Andy Van De Wetering initially opted for early retirement. In a short time, however, he was feeling the itch to return to work. But his return was faced with challenges.

Van De Wetering needed some résumé help and was also suffering from work-related

hearing loss from his years at GM, which made him apprehensive about re-entering the workforce.

An employment agency referred Van De Wetering to CHS Employment Services. By reworking his résumé and reframing his skills, CHS staff assisted Van De Wetering in securing a part-time teaching position at

Fleming College, which led to an opportunity at the Automotive Centre of Excellence (ACE), a research and development facility at the University of Ontario Institute of Technology's (UOIT).

Van De Wetering is now an integral part of the ACE team. And his hearing loss? It wasn't even a factor. "It's about what you can do, not

what you can't do," his employer says.

Employment Services at CHS helps deaf and hard of hearing individuals like Van De Wetering find a job, and works with employees and employers to put the right supports in place to help both succeed. For more about CHS Employment Services, call 613-521-0509, TTY 1-888-697-3650, or email info@chs.ca.

NOW HIRING!



Adecco Kanata is currently hiring for a number of open positions, including:

- SMT Operators
- Splicing and Soldering positions
- Full time and Part time Drivers
- Warehouse Associates
- Manufacturing and Electronic Technicians
- Network Security Associates
- And more!

Apply on-line at www.adecco.ca

329 March Road Suite 228, Ottawa, ON K2K 2E1

613-599-3151

Adecco

better work, better life



SHUTTERSTOCK

Find the right fit with Adecco

What is Adecco? It is a staffing agency that provides permanent and temporary job opportunities. Agencies work with clients to bring in a multitude of positions from which to choose, so it's up to you to select a position for which you are best qualified.

Do you have questions or concerns about the staffing industry? You aren't alone. Let's address some common misconceptions by setting the record straight about the myths that are giving the staffing industry a bad reputation.

- Myth: Staffing agency jobs don't pay well. Agencies work hard to secure you a fair and competitive rate. If you believe that you aren't being fairly compensated, find an agency that is willing to pay you a wage

with which you are satisfied.

- Myth: You can't get long-term work from an agency. Available positions range from temporary and permanent to full-time and part-time.

- Myth: Agencies take money from candidates. Employers pay agencies to find you. Therefore, staffing agencies make their money from charging the client, not you.

- Myth: There are only entry-level positions available. All roles depend on what clients have to offer. For example, Adecco's professional team has high-level roles within the sales, marketing, HR and finance verticals.

Are you feeling more comfortable with the notion of working with an agency?

For more information, visit adecco.ca.

Deaf? Hard of hearing? Want a job?

CHS Employment Services can help.

**Andy is hard of hearing.
CHS helped him get a job.**

Contact us today!

Phone: 613.521.0509 • TTY: 1.888.697.3650 • Email: info@chs.ca
chs.ca

CHS | SCO CANADIAN HEARING SOCIETY
SOCIÉTÉ CANADIENNE DE L'OUÏE



**EMPLOYMENT
ONTARIO**

This Employment Ontario program is funded by the Ontario government.

Gibbons acknowledges first post-season 'intense'

GAME 5 PREVIEW

Jays manager making hard pitching calls to get job done

Down 2-0 in the American League Division Series, Blue Jays manager John Gibbons did not look his normal relaxed self in the visiting manager's office at Globe Life Park.

A persistent hacking chest cold was no doubt responsible for the grey look. But Toronto's predicament wasn't helping. One more slip-up and the Jays' dream season was over.

"It has happened fast," Gibbons acknowledged. "I think a week ago today we were sitting down in Tampa taking the Sports Illustrated (cover) picture."

Two wins later, the series with Texas is even and Toronto can dispatch the Rangers on Wednesday from the comfort of its home stadium.

Gibbons has made some hard decisions along the way in the pressure-filled playoff cauldron where three losses can quickly trump the 93 wins in the regular season.

Prior to Game 3, he was asked whether his first foray into the post-season had proved more challenging than expected.

"I don't know if it's harder than you imagine. It's definitely more intense. I don't know.

RANGER ACE

Hamels on a roll

The Texas Rangers have won their last 11 games started by Cole Hamels.

They needed each of those victories to get this far, and their season will be over without another one Wednesday.

"It's why you go out and get top performers, elite competitors ... situations exactly like this," Rangers manager Jeff Banister said Tuesday.

THE ASSOCIATED PRESS



John Gibbons speaks with reporters during a news conference in Toronto on Tuesday, ahead of Game 5 in the ALDS. NATHAN DENETTE/THE CANADIAN PRESS

I can't really answer that yet. I've loved every minute of it but there's definitely a different feel in these games than your normal games," he said.

"But it's still baseball. You still have to execute, you still have to do your thing."

In the leadup to the post-season, Gibbons looked after his players.

He let them celebrate the franchise's long-awaited return to the playoffs. He gave them time off to recover. He handed the ball to veteran LaTroy Hawkins in the game

that clinched the AL East title. And in another sign of respect, he gave Mark Buehrle a bonus start in a bid to reach 200 innings pitched for the 15th straight season.

With the season on the line Monday, Gibbons played hardball.

Despite being up 7-1, he pulled R.A. Dickey after he yielded a single with two outs in the fifth, denying the 40-year-old knuckleballer a win in his first-ever post-season start.

He inserted David Price,

effectively using up the Game 1 starter in a relief role.

Both players relished the chance to go back to Toronto with the series still alive but neither seemed too chuffed about how they got there.

With Brett Cecil injured and fellow left-hander Aaron Loup unavailable because of a family matter, Gibbons had few southpaw options against a Texas batting order bristling with five lefties.

When he was taken out, Dickey was facing the meat of the Rangers order with left-

hander Shin-Soo Choo and Adrian Beltre, who had a combined four hits in the game, with lefties Prince Fielder and Mitch Moreland to follow with Josh Hamilton on deck.

"What we didn't want to happen is a couple guys on base," said Gibbons. "Choo comes up. And R.A. has been known to give up the fly balls, launch it. Maybe if that should happen now they're right back in the game."

Dickey was asked whether he thought the move meant his manager didn't trust the knuckleball.

"I sure hope not," he answered. "I would hate to think that's the case."

Those on Gibbons' side will argue he made the most of his resources, utilizing Price in the form of a flame-retardant in Game 4 — while leaving Game 5 in the red-hot, confident hands of young Marcus Stroman.

THE CANADIAN PRESS

NLDS
Playoff history as Cubs oust St. Louis

TUESDAY in Chicago

6
CUBS

4
CARDINALS

The Chicago Cubs clinched a post-season series at Wrigley Field for the first time ever, getting home runs from Kyle Schwarber, Anthony Rizzo and Javier Baez in beating the St. Louis Cardinals 6-4 Tuesday to win the National League Division Series in four games.

A day after hitting a post-season-record six homers, the Cubs hammered their way into the NL Championship Series by taking the best-of-five set before a rollicking crowd.

Manager Joe Maddon's bunch of wild-card Cubs will face the winner of the Los Angeles Dodgers-New York Mets matchup.

The Mets took a 2-1 series lead into Game 4 Tuesday night.

The Cubs last reached the NLCS in 2003, when they lost in seven games to the Marlins. Chicago dropped those final two at home, including the infamous Bartman defeat in Game 6.

Wrigley Field hosted its first Cubs game in 1916, eight years after they last won the World Series.

THE ASSOCIATED PRESS

JAYS - RANGERS

Starter Stroman excited by Game 2 rematch

The Toronto Blue Jays are putting their faith in Marcus Stroman with their season on the line against the Texas Rangers in Game 5 of the American League Division Series.

The 24-year-old who missed the majority of the season with a torn ACL in his left knee is set to face playoff veteran Cole Hamels in the deciding game of the first-round series Wednesday afternoon.

"He's done it in the playoffs, he's proven and he's nasty,"

Stroman said. "I just look forward to competing against Cole Hamels."

Hamels was the World Series MVP in 2008, and Stroman will be making his second career post-season start.

"There's something different about him," manager John Gibbons said. "If anybody can rise to the occasion it'll be him."

The pressure is on Stroman after the Blue Jays opted to use David Price in relief of R.A.

Dickey in Game 4. Gibbons said Price is "not here to be abused" and that he wouldn't count on the star lefty being available for Game 5 at Rogers Centre.

Without Price, Aaron Loup would be the only left-hander available out of the bullpen.

But Loup's status is unclear after he missed Game 4 with a personal matter.

Gibbons said he did not know if Loup would be available. THE CANADIAN PRESS



Marcus Stroman, out for most of the season through injury, is relishing these big games. FRED THORNHILL/THE CANADIAN PRESS/POOL

Senators' fast start hides some underlying issues

THE HOCKEY NEWS

Murray
Pam
FOR METRO

The Senators opened the season with three games in four nights, earning four of six points in the process. While the club may be satisfied with this early result, there's plenty of room for improvement.

If not for an observant coach and the winning of a skills competition, the Senators start could have been far worse.

Thursday, assistant coach Jason Smith felt Sabres Zemgus Girgensons went offside on a play leading up to Evander Kane's game-tying tally. With nothing to lose, Dave Cameron requested a coach's challenge.

The hunch was good, thus giving the Senators an entry in the league's history book for having the first goal erased due to a missed offside call.

Saturday at the ACC, the team failed to maintain a 3-0 lead versus the Maple Leafs. However, Mike Hoffman's first-ever shootout marker proved to be the game-winner.

In three games, the Senators have been shorthanded on 14 occasions. Fortunately for Cameron's squad the penalty kill is one of



Mike Hoffman is high-fived by Chris Phillips on recent shootout goal. FRANK GUNN/THE CANADIAN PRESS

the club's greatest assets. In fact, thanks to Jean-Gabriel Pageau's "shortie" versus the Canadiens, they have been outscored only 2-1 when on the PK.

Patrick Wiercioch, uncharacteristically leads the way with four minor penalties. With rookie defenceman Chris Wideman champing at

In three games, the Senators have been shorthanded on 14 occasions. Fortunately for head coach Dave Cameron's squad, the penalty kill is one of the club's greatest assets.

the bit to enter the lineup, Wiercioch needs to channel his game to the level

displayed at the 2015 IIHF World Championship. Other than an empty-net

ter by Curtis Lazar, the line of Hoffman-Kyle Turris-Mark Stone is the only trio to score playing 5-on-5. Clarke MacArthur, Bobby Ryan and Mika Zibanejad must hit the score-sheet to give the Senators an opportunity to win. Ryan notched a shootout goal, but none have managed to light the lamp in regulation.

While this column is focusing on the negative, there are several bright spots.

The Hoffman-Turris-Stone combination compiled 11 points in two games before being shut out Saturday.

Assistant coach Andre Tourigny was brought in from Colorado to enhance last season's 21st-ranked power play.

Tourigny's system paid dividends Saturday when the club converted three consecutive PPs.

Expected to be a concern, the defensive pairing of Jared Cowen and Mark Borowiecki have been anything but. Each blueliner is a plus-2, leading their position.

In recent campaigns, the team has struggled in the dot. With the addition of former Senator centre faceoff whiz Shaun Van Allen attending practices, players are capitalizing on 56 per cent of their draws.

Coaches preach that you can always play better, leaving Sens fans hoping the best is yet to come.

HOCKEY 'Burglar looks to return

Finally cleared for action, Andrew Hammond is looking forward to proving he's still the goaltender that backstopped the Ottawa Senators during last season's improbable run to the playoffs.

The 27-year-old missed the first two weeks of the season with a groin strain, but he took part in practice Tuesday morning and declared he was ready to play.

should he be called upon

on the Senators' two-game road trip

that features stops in Columbus and Pittsburgh.

"To be honest I was surprised when they told me probably two weeks, but I think we're coming in a little shy of that," Hammond said of his injury. "I feel like I've always been someone who kind of heals quickly so to have it drag on longer than I thought (was hard)."

The Senators know this two-game road trip will be a good challenge, as Pittsburgh and Columbus will be hungry after slow starts to the season.

The goaltender nicknamed "Hamburglar" rose to prominence last season after compiling a 20-1-2 record in relief of Craig Anderson and Robin Lehner, who were both injured.

THE CANADIAN PRESS

20-1-2

Andrew Hammond's record in the Ottawa nets last season.

CARGURUS COMPARED OUR DEAL TO THE MARKET

**FIND.
LOVE.
DRIVE.**

More than

600
vehicles to choose from!



\$16,950 OR \$56 WEEKLY

2014 Dodge Charger SE

Instant Market Value of \$20,571

Stk #: 37271

54,059 km, V6, A/C, Cruise, Anti-lock Brakes, Tilt Steering, Magnesium wheels and more!

CarGurus

All payments calculated at 4.99% O.A.C. 84 mos. Weekly payments include taxes. Image may not be of actual vehicle. Please see dealer for actual vehicle.

MEGAAUTOMOBILE.COM

1261 boul. St-Joseph, Gatineau

819 770-2277



MEGA

Apply online at
MegaCredit.ca for up
to \$500 cashback
upon financing!



RECIPE Pumpkin Pasta with Ricotta and Sage



PHOTO: MAYA DANEV

Ceri Marsh & Laura Keogh
For Metro Canada

Don't just save pumpkin for pies. It's great in a sauce for pasta, too.

Ready in
Prep time: 20 minutes

Serves 4

Ingredients

- 500 g pasta
- 1 Tbsp olive oil
- 2 shallots, diced
- 2 cloves garlic, minced
- 1 Tbsp fresh chopped sage, plus more for garnish
- 1/4 cup ricotta
- 1 cup pumpkin purée
- 1 cup chicken broth
- fresh grated nutmeg to taste
- Salt to taste
- 1/4 cup water
- 1/2 cup Parmesan cheese, plus more for garnish

Directions

1. Cook the pasta according to package directions. Once the pasta has reached al dente, reserve 1/4 cup of the cooking water and drain the rest.
2. While your pasta is cooking, heat olive oil in a large skillet over medium heat. Add the shallots, garlic and sage and cook until tender, about 5 to 7 minutes.
3. Stir in the pasta and coat with the sauce. Add reserved pasta water to thin the sauce to desired consistency. Mix in the Parmesan cheese.
4. Serve the pasta with a sprinkling of Parmesan cheese and chopped sage.

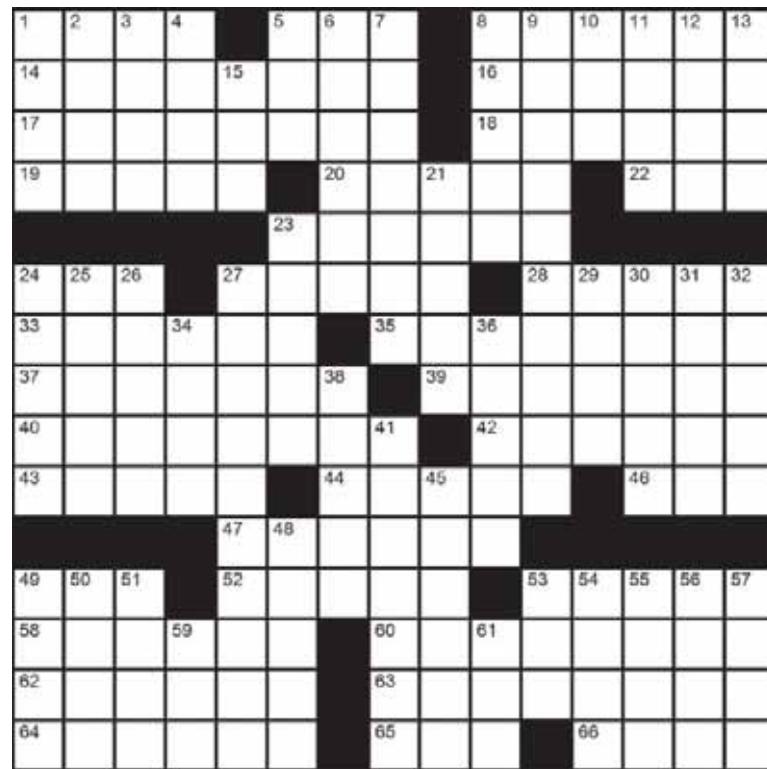
FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Tread
5. Like Beethoven's 'Pastoral' symphony, _ Major
8. Go round and round
14. Gordon Lightfoot's " _ Highway"
16. Paradise of Arthurian legend
17. Where Grizzlies catch salmon
18. President Reagan
19. Figs' friends
20. Southern Alberta town
22. Where the Capitals play hockey, briefly
23. Tune
24. Dowel
27. Trait carriers
28. Amass
33. Urge on
35. Ship like the type on the Canadian dime
37. Penitent people
39. Certain car company
40. Product stored/transported by Canadian company Gibson Energy: 2 wds.
42. Horse's proud strut
43. Rock band, with Van
44. Ecological stages
46. "Is that so?" remarks
47. Volcano opening
49. Camel hair garment
52. Handles on



swords
53. " _ Told You Lately" by Van Morrison
58. _ tasks (Chores of drudgery)
60. Kitchen drawer beloved
62. Pink-eraser-topped implement
52. Handles on

63. Autumn weather occurrence: 2 wds.
64. Directs
65. U2 producer Brian
66. Dick Tracy's beloved
DOWN
1. Gulf War missile

2. Spanish appetizer
3. Once
4. Rocker Mr. Wentz
5. Pique
6. Tidy up
7. Shes
8. Showed concern

9. "Hello Honey" up-and-coming band from London, Ontario: 2 wds.
10. Escaped
11. Purrer's paw part
12. The Kinks hit
13. Calls off
15. Belonging to

Paris' li'l country 21. Power tools brand 23. Movies... First 'M' of MGM 24. Georgia's state fruit 25. Surplus 26. Tomb's thief 27. TD Canada Trust's comfy symbol: 2 wds.
29. Charlie and _ (Parents of actress Geraldine Chaplin)
30. "Well... yes _" (Indecisive response)
31. Contact/get through
32. Becomes moistureless
34. Wave: French
36. Overly active
38. Carpeting choice
41. Sandwich ingredient
45. Lean against: 2 wds.
48. Streamlets
49. _ up (Escalates)
50. Salad bar item grasped with small tongs
51. Queen Elizabeth's only daughter
53. 100, for short
54. Legal gig, _ DA
55. Big name in short videos
56. Old music high notes
57. Web connectors, commonly
59. Rink surface
61. Jeff Lynne's gr.

* IT'S ALL IN THE STARS by Sally Brompton

♈ Aries

March 21 - April 20
According to the planets you have buried your feelings at such a deep level it seems they no longer exist. But they do and you need to let one person know you still love them.

♉ Taurus

April 21 - May 21
You could do worse today than let a friend or family member call the shots. The planets indicate that you will gain more by doing less things for yourself. Go ahead, get spoiled.

♊ Gemini

May 22 - June 21
You have carried a lot of responsibility on your shoulders of late but over the next two or three days you need to find ways to lessen the load. A burden shared is a burden halved, so get loved ones to help you.

♋ Cancer

June 22 - July 23
You won't be as distant emotionally and that's good. It is sometimes difficult for even those closest to you to know what your true feelings are but for a while at least you will be more open and loving.

♌ Leo

July 24 - Aug. 23
What is right for you may be wrong for someone else, and what is right for them may be wrong for you. You may not approve of someone's actions but it is not your place to judge.

♍ Virgo

Aug. 24 - Sept. 23
Now is not the time to be confrontational, either at home or at work. Others will listen to reason today but they won't listen to anything that sounds like a threat.

♎ Libra

Sept. 24 - Oct. 23
At this time of year, when the Sun is in your sign, you tend to push yourself hard, but if you go beyond your limits today you may regret it.

♏ Scorpio

Oct. 24 - Nov. 22
You don't have to be on top of things every minute of every day. Yours is a sign that values hard work and leads from the front but the planets indicate you will achieve twice as much as you usually do with only half the effort.

♐ Sagittarius

Nov. 23 - Dec. 21
For some strange reason you have got it into your head that you have fallen short of what was expected of you. That's nonsense. Overall you are still streets ahead of your rivals.

♑ Capricorn

Dec. 22 - Jan. 20
Do whatever it takes to get along with people you do business with. That does not mean you must do everything they say, but at least treat them as equals — even if they are not.

♒ Aquarius

Jan. 21 - Feb. 19
Employers and authority figures will encourage you to make more of your talents. Take center stage, because you will find that being in the spotlight actually feels good.

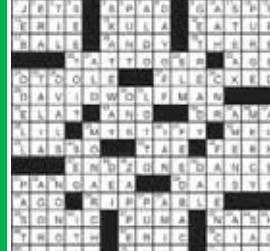
♓ Pisces

Feb. 20 - March 20
Go where your instincts take you and ignore those who say you have got it wrong. Never be afraid to take a few risks. That applies especially to affairs of the heart. Travel for pleasure.

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers

for more fun and games go to metronews.ca/games



**CHARGED WITH A
TRAFFIC OFFENCE**

NEW Location: 1901 Bank Street



www.xcopper.com

©2013 Conceptis Puzzles. Dist. by King Features Syndicate, Inc.



Even better business bundle. Even more affordable.

Keeping up with the pace of business requires the right tools. Do more and make more with a better business bundle from Bell, Canada's #1 Internet and phone service provider.¹ Now more affordable than ever.

FROM \$84 28/MO.
On a 36-month term

- Business Fibe Internet with up to 25 Mbps download and up to 10 Mbps upload speeds²
- Unlimited Internet usage
- New Bell Hub Wi-Fi modem
- Total Protect security services - Internet, Data and PC Protect – only available with Bell³
- Business phone line with 10 calling features, including Voicemail
- 2,400 minutes of Canada/U.S. long distance⁴

Call 1-866-655-4278 or visit bell.ca/businessbundles.

Bell your business
just got
better

Offer ends November 22, 2015. Available to new Business customers in Ontario where access and technology permit. Subject to change without notice and cannot be combined with any other offer. Early cancellation charges apply. Based on a 3-yr. contract term. \$200 Basic Bundle installation fee applies. Taxes extra. Other conditions apply. Internet: Wi-Fi modem rental included. Business phone: Available where not regulated by the CRTC. Fibe is a trademark of Bell Canada. (1) Based on total number of subscribers (2) Speeds and signal strength may vary with your configuration, Internet traffic, server, environmental conditions or other factors; see bell.ca/businessinternet. (3) Includes 1 license of: Internet protect, data protect and PC protect. Subject to technical requirements at bell.ca/totalprotection. (4) Applies to direct-dialed outbound calls to Canada and the continental U.S., incl. Alaska and Hawaii; excl. toll-free calls (\$0.05/additional min.). Calls to certain conference or adult services or to high-cost areas may be restricted.